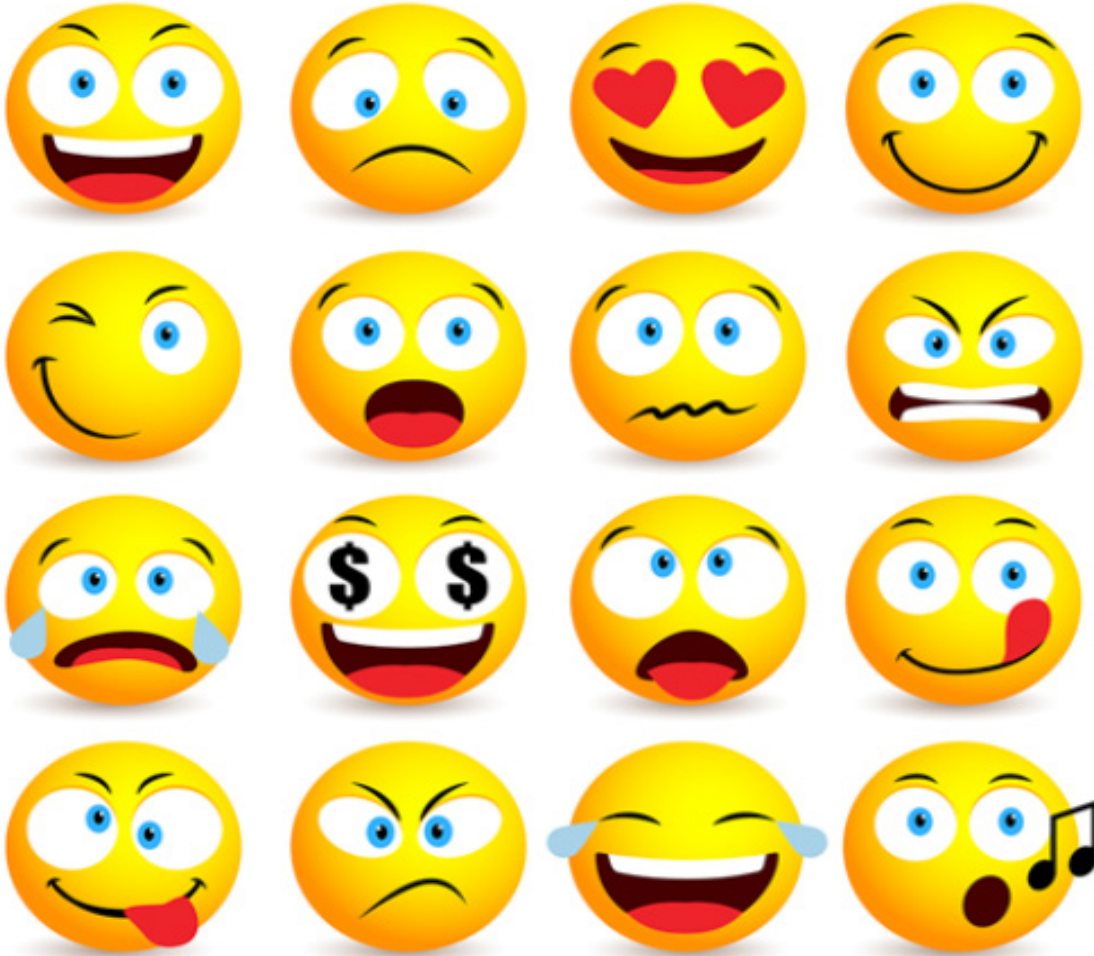


Circle the feelings that might mean someone is having trouble with their mental health.



If these feelings last more than:
(Circle your answer)

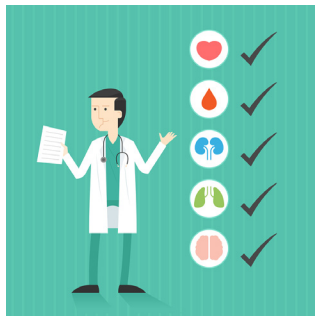
- A. 2 days
- B. 2 weeks
- C. 2 months

You should contact a doctor or someone you trust.

Circle the activities you do to maintain positive mental health:



Other ways I maintain a positive mental health:



Who can you contact if you are having a mental health crisis?
