

How are you feeling?

I'm doing pretty good

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I'm socially and physically active.

I have normal mood fluctuations - I cope well and take things in stride.

I'm productive and consistent in my performance.

I'm energetic.

I sleep well.

I'm confident in myself and comfortable with others.

I find meaning and success in my life.

I'm starting to struggle

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I find myself reaching for more unhealthy coping strategies to keep up with my activities.

More often than not, I feel stressed, worried, nervous, angry, tearful or sad.

My academic or work performance has decreased. I'm procrastinating or forgetting things.

I'm irritable, impatient, panicked, restless or fatigued.

I have difficulty relaxing, or my mind is preoccupied by intrusive thoughts.

It's getting difficult to socialize. I find myself cancelling plans and leaving texts unanswered.

I'm starting to feel worthless.

I need help

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I feel isolated, even when I'm with people closest to me.

I feel a high level of anxiety, panic or deep sadness every day.

I constantly feel exhausted - some days I can't get out of bed.

More often than not, I feel stressed, worried, nervous, angry, tearful or sad.

My thinking and emotions feel out of control.

I'm not acting like myself - my important relationships are strained and stressful.

I feel overwhelmed by it all. I've thought about suicide.

I'm in crisis

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I'm experiencing persistent suicidal thoughts and urges.

I'm having the strong urge to hurt someone else.

I'm not able to keep myself safe.

I'm unable to care for my basic needs; I'm completely shut down.

I'm seeing or hearing things that other people can't perceive.