

[Hand Hold- Mass Dept of Mental Health](#)

[SAMHSA resources](#)

[The Herren Project](#)

AM I EATING  
REGULARLY?

AM I GETTING  
ENOUGH SLEEP?

WHOM CAN I  
TALK TO?

# MENTAL HEALTH CHECKLIST & RESOURCES

AM I BEING  
KIND TO ME  
AND OTHERS?

[How to talk to your child about substance use](#)

AM I  
FEELING  
OKAY?

WHAT AM I  
FEELING?

[Department of Education](#)

[HPS Wellness Resources](#)