

MENTAL HEALTH CHECK-IN

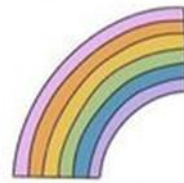
HOW ARE YOU REALLY?
COMMENT AN EMOJI BELOW!



FEELING GREAT



FEELING OK



FEELING HOPEFUL



FEELING LONELY



REALLY STRUGGLING



TAKING IT ONE DAY AT A TIME