



It's ok to not be ok

Mental Health Awareness

Organize a virtual "call tree" to check in on the well-being of friends, family and neighbors.



Goals of Wellness Check-In

- Build social connections while we're physically distancing
- Encourage conversations about mental health and well-being
- Provide information and support

The below script is intended as reference only, feel free to personalize your call as you check in on your friends, family and neighbors.

Hi _____, how are you doing? I'm just calling to check in and see how you are. Do you have time to chat?

IF NO

let them know you're here for them if they ever want to chat.

IF YES

proceed with the below prompts. Feel free to select the conversation starters that fit best with how your conversation is flowing.

1. So, how are you really doing?
2. What's one positive outcome or "silver lining" that's come out of your time at home?
3. What's one thing you really miss?
4. How are you coping? Have you discovered a new healthy habit or hobby?
5. Have you had a chance to re-connect with a friend or family member during this time?
6. What's been challenging?
7. In order to keep the conversation going about mental health, can you think of one person you could call to check on?
8. Is there any other support you need for your health and well-being, for yourself or a family member?

The **Wellness Check-In** is a conversation, not a counseling session. If you feel your friend, family member or neighbor would benefit from a check-in by a BCHD social worker, please have them call **BCHD's Assistance, Information & Referral line at 310-374-3426, ext. 256**, Monday through Friday, 8:30 a.m. – 5 p.m.

For more information on Mental Health Awareness, visit bchd.org/mentalhealthawareness.

