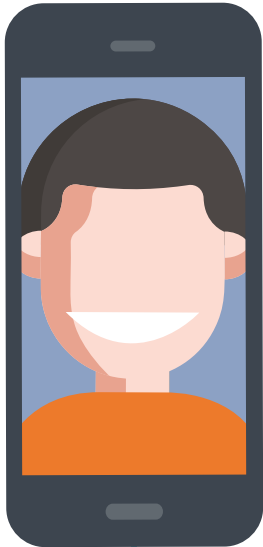




# It's ok to not be ok

## 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
- 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. What is one positive thing that has happened to you or come out of this past year?
2. Have you found any new hobbies or discovered any new things you like?
3. Have you been able to reconnect with anyone?
4. What's something that's going well?
5. Have you had any goals in mind? Are you in the process of accomplishing any goals?
6. What helps you stay motivated/busy?
7. How are you *actually* doing? How are you truly feeling?
8. Is there any other support you need for your health and well-being, for yourself or a family member?
9. If you need someone to talk to, I'm here.

The **Wellness Check-In** is a conversation, not a counseling session. If you feel your friends and peers 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.**

For more information on Mental Health Awareness, visit [bchd.org/mentalhealthawareness](http://bchd.org/mentalhealthawareness).