

Mental
Health-
'Checking in'



Checking in

Our aims for this week are;

- To feel comfortable talking about mental health and wellbeing
- To feel confident checking in with other people



Checking in

- The definition of "**checking in with**" is: to talk to **someone** to let them know that you are okay.

Or

- Call
- Text
- Message



Checking in- Step 1

Pick the right place and the right time;

- Away from others
- Remove distractions
- Don't push it- if your friend says they aren't ready just let them know you are there if they change their mind.



Checking in- Step 2

How to start the conversation;

- 'How have you been lately?'
- 'How are you?'
- 'What's been happening?'
- 'You haven't seemed yourself lately'
- 'Is there something you would like to talk about?'
- 'Something I can help with?'



Checking in- Step 3

Being a good listener;

- Pay attention to your friend
- Make eye contact with your friend
- No distractions, give them 100% of you
- Don't judge your friend
- Let your friend know that you are there for them.





Checking in- Step 4

If they are not ok;

- Acknowledge their feelings
- Ask what they think would make things better
- Have they considered talking to an adult?
- Seek help and talk to someone who can support your friend during this hard time.

Checking in- Step 5

Remember we all have Mental Health.

Our aim is to recognize bad mental health and know how we can help ourselves and our friends.

Simple things can make all the difference;

- Making time
- It's ok to talk, when you are ready
- Staying in touch
- Listening to your friend
- Hugs
- Knowing when to ask others for help

HAPPINESS IS TALKING TO A FRIEND



**WHO MAKES YOU FEEL THAT
EVERYTHING IS GOING TO BE OK**



Checking in- Step 6

- Give it a go
- Spend time now with someone you care for
- Give them a smile and 'check in' with each other
- Or keep the warmth during the duration of the following music
- <https://youtu.be/eiDiKwbGfIY>