



## Mental Health Spot Check

Keeping a note of how we feel can be one of the most powerful ways to take control of our mental health and see patterns from day to day, week to week and month to month. There are lots of ways to do this from mobile phone apps to journalling or simply keeping a note on paper. Emojis can work really well to represent feelings and create an overall visual summary. If there are more down days than not, seek help from a GP or trusted adult. The Samaritans and Young Minds can always help too.

[www.samaritans.org](http://www.samaritans.org)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Sun	Mon	Tue	Wed	Thu	Fri	Sat

