

Resources Sector Mental Health Check-in October 10-15 2021

The Mental Health Check in is an unprecedented industry wide campaign directed at prevention, early intervention and change in mental health.

What does it involve?

Committing to a 5-7 minute confidential Mental Health Check in during 10-15th October for Mental Health Week.

The "Full Check-in" delivers a private dashboard to your device with a personalised program, however you are tracking.

Post, share, and tag others to create a ripple effect.

What does the Check-in assess?

Current mental health, early warning signs, and ways to personally future proof your wellbeing even when you are feeling great.

Sleep, Resilience, Coping Strategies, Perfectionism, Social Media Use and Psychological Distress levels are some of the scores on your dashboard.

You can track changes over time, or even take the dashboard to your GP, who uses the same scales.

What is our *Why*?

Half of the 280,000 people in our sector will struggle with poor mental health each year, yet less than 20% will identify when it happens or know how to change it. Ever fewer will get professional support.

In one step, the Check-in shows we are all in this together, removing stigma and making it easier to create change and get support.

How do I know it is Confidential?

Easy.

You **won't** be asked for your name, email address, company, location, or any other identifying information.

Your log in will be based on user name and security questions.

What if a participant feels they need urgent help?

The Check in is not a crisis tool

A "Need help now?" button is on screen at all times, linking you with resources and crisis support in your area.

Scan now!
Choose 'Full Check-in'
Help us reach our tally!



Who can participate?

Anyone over the age of 16.

Once you've checked in you can complete it as many times as you like, with your crew, family or friends

Website launching 22 October.