

# Check Your Mood Road Map

*Pause, Reflect, & Reset.*



## Step 1: Recognizing Signs of Depression

- It's normal to feel stress, sadness, and anxiety at times– but if you're feeling overwhelmed, down, or unable to do the things you once enjoyed, it may be time to speak with a professional and assess your emotional well-being.

Common signs of depression:

- Changes in sleep and appetite
- Loss of energy
- Low mood
- Feeling overwhelmed
- Thoughts of suicide or death

## Step 2: Take a Self-Assessment

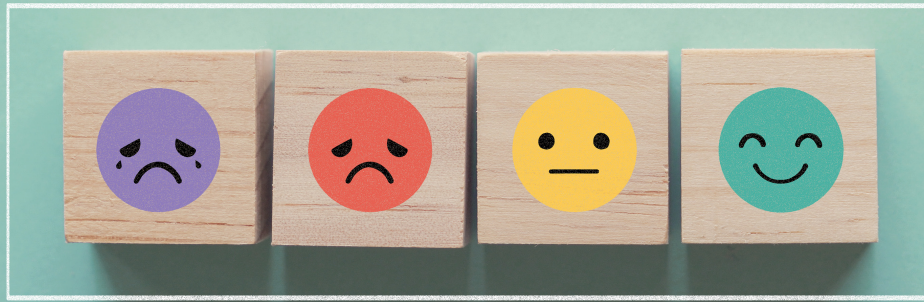
- Complete the **Patient Health Questionnaire-2 (PHQ-2)**, a quick tool to help you see if you might be experiencing symptoms of depression.
- Visit:  
**[https://bit.ly/Check\\_Your\\_Mood](https://bit.ly/Check_Your_Mood)** for more information and to access the PHQ-2!



## Step 3: Find the Right Support

- Need Help? You're Not Alone! **Call or text 9-8-8** or dial **1-888-724-7240** to speak to someone who can help find the right services for you or someone you care about. Both numbers are available 24/7 and in over 200 languages.
- Visit **Up2SD.org** to learn about mental health, how to recognize warning signs of suicide, and resources for support.
- Visit **bit.ly/SDC\_AIS** to find wellness resources for aging adults and their caregivers.
- Download the **Soluna app**! It offers confidential support for 13 to 25 year olds in California. Visit **www.solunaapp.com**.

"You don't have to see the whole path—just take the next step."



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## Step 4: Create Your Wellness Roadmap

Try any of these approaches to starting your wellness journey TODAY!

1. Take care of your mind and body in a way that feels right for you. Start by setting small goals to improve your well-being like taking a deep breath with grounding and mindful breathing techniques.
2. Join the **30-Day Mental Wellness Practice**! Pick self-care ideas that work for you using the calendar and weekly planners to build healthy habits.
3. Participate in the **Youth Mental Wellness Practice**. Created for youth by youth, the Youth Mental Wellness Practice is a toolkit with resources such as journal prompts, self-care routines, and morning/night checklists.

***Pause, Reflect & Reset.***

