

# “How Am I Really Doing?”

## A Mental Health Toolkit for Teens and Young Adults

Life as a young person can feel like a lot – school, family, identity, social media, and emotions that sometimes **don’t make sense**. This toolkit is here to help you pause, reflect, and check in with yourself. **You don’t have to have everything figured out**. You just have to start where you are.

### Check-In Questions:

- |   |  |
|---|--|
| <input type="checkbox"/> Have I been getting enough sleep lately?                   | <input type="checkbox"/> Have I been eating regularly or skipping meals?               |
| <input type="checkbox"/> Do I feel overwhelmed, sad, or anxious more days than not? | <input type="checkbox"/> Have I stopped doing things I usually enjoy?                  |
| <input type="checkbox"/> Have I felt lonely, even when I’m around others?           | <input type="checkbox"/> Do I feel safe and supported in my environment?               |
| <input type="checkbox"/> Have I told someone how I’ve been feeling lately?          | <input type="checkbox"/> What’s one thing I need right now; rest, fun, support, space? |

### Next Steps:

- - Reach out to someone you trust: a friend, teacher, parent, or school counselor
  - Text or call a support line if you’re struggling
  - Join a young adult peer support group
- Write down your feelings or create something that helps you express them

**Your mental health matters.** You are not alone, and you don’t have to figure it all out on your own. DBSA and other youth-focused mental health organizations are here to **support you every step of the way**.