

BEING HONEST WITH YOURSELF  
IS ESSENTIAL TO SUPPORTING  
YOUR MENTAL WELLNESS.  
SEEKING HELP IS KEY TO  
BUILDING RESILIENCE. IF YOU  
NEED IT, **HELP IS WAITING!**

### FOR IMMEDIATE SUPPORT

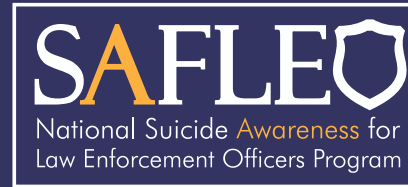
Suicide & Crisis Lifeline  
Call 988

Crisis Text Line  
Text "BLUE" to 741741

### SOURCES OF SUPPORT

- Primary care physician
- Culturally competent clinician
- Professionally led support group
- Peer support group
- Employee Assistance Program
- Agency chaplain
- Clergy
- Supervisor
- Human resources
- Trusted colleagues
- Friends or family members

VISIT [WWW.SAFLEO.ORG](http://WWW.SAFLEO.ORG)



**SUICIDE IS  
PREVENTABLE,  
AND IT STARTS  
WITH YOU!**



#### LOCAL RESOURCES / PHONE

_____	_____
_____	_____
_____	_____
_____	_____

MANAGED BY  
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Take a  
Look Inside.

## How Are You Really?

A SELF-ASSESSMENT CHECKLIST  
FOR YOUR MENTAL AND  
EMOTIONAL WELLNESS



## IS YOUR SIXTH SENSE TELLING YOU TO GET HELP?

This self-assessment resource, created in close partnership with the American Association of Suicidology and other mental health experts, was designed to help you evaluate your mental health and well-being. It will help you view yourself objectively and determine your path forward.

## BE HONEST!

Sometimes, honest introspection can be difficult, but it is an important step to maintaining mental and emotional wellness and identifying when you may need help.

“You can’t [keep] fighting trauma, stress, depression, or anxiety because the more you try and avoid acknowledging those emotions and where they come from, the more energy it takes to suppress them.”

—Dr. Robert Sobo  
Director of Professional Counseling  
Chicago, Illinois, Police Department

## SELF-ASSESSMENT CONSIDERATIONS

- I want to kill myself or I want to die
- I think about ways to kill myself
- I feel like my life is out of control
- I feel like everyone would be better off without me
- I have persistent, repetitive, negative thoughts
- I have flashbacks to bad calls
- I feel anxious, agitated, trapped, or in unbearable pain
- I feel hopeless, like I have no reason to live
- I feel like I am a burden to others
- I have conflict/tension with my family or friends
- I want to isolate and be left alone
- I experience extreme mood swings, including frustration and anger
- I am having nightmares
- I am having trouble sleeping or I am sleeping too much
- I have received comments from my family/friends that something seems different or wrong
- I have increased my alcohol use
- I am abusing substances
- I have been acting recklessly or dangerously
- I am making excuses not to seek support
- I do not ask for help because I am beyond help
- I have strong resentment toward others and want to act on those feelings
- I have been acting out of character
- I do not recognize myself most days
- I feel powerless to change my situation
- I have passing thoughts or feelings of dying
- I don't think I can cope much longer
- I feel intense shame or guilt
- I have attempted suicide in the past
- I have known someone who has died by suicide

Source: <https://www.samhsa.gov/find-help/suicide-prevention>

## AFTER COMPLETING THIS EXERCISE...

Take some time to notice how many items and what types of items you've checked. Now answer this question honestly: If this was your close friend or loved one's self-assessment, would you want them to seek help? If your answer is “yes,” please reach out to someone. You owe it to yourself and your loved ones. Asking for help and seeking support is okay, and it's the right thing to do.

## NOW THAT YOU'VE COMPLETED THE CHECKLIST, CONSIDER:

- Committing to a proactive approach to mental wellness and taking action to improve, strengthen, and nurture your mental wellness
- Seeing a trained professional annually for a mental and emotional wellness checkup

TAKE ACTION TODAY  
TO INVEST IN YOUR  
WELL-BEING AND  
STRENGTHEN YOUR  
RESILIENCE.

