



# MH - State of Health Checker

Today's Date:        /        /

How was your sleep last night?

	1	2	3	4	5	
	<hr/>					
Worst	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Best

How are you feeling today?

	1	2	3	4	5	
	<hr/>					
Worst	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Best

**Name one thing you are grateful for right now!**

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**What are you looking forward to today?**

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**Do you feel any of the following?**

	Feeling down depressed or hopeless
	Feeling bad about yourself or that you are failure or have let yourself or your family down
	Trouble concentrating on things, such as working, reading the newspaper or watching television
	Thoughts that you would be better off dead or of hurting yourself in some way
	Moving or speaking so slowly that other people could have noticed, or the opposite – being so fidgety or restless that you have been moving around a lot more than usual
	NONE

**General thoughts & feelings or observations you may have right now !**

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# REHvolution Services

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## IMPORTANT MESSAGE !!!!

Remember..Your fast action may mean that you save a life !!!

- WORRIED ABOUT YOUR OWN OR ANOTHER PERSONS SAFETY??
- PLEASE DON'T DELAY....REPORT YOUR FEELINGS TO SOMEBODY OR A RESPONSIBLE ADULT.
- SEE SOME EMERGENCY CONTACTS BELOW / OR IF YOU ARE IN DOUBT, CALL 999 AND ASK FOR POLICE OR OTHER SERVICES TO ASSIST YOU.

### CRISIS HELP contacts:

- Crisis Response & Home treatment team +44 01624 642860
- Isle of Man Samaritans +44 1624 116123
- Isle Stand Up To Suicide +44 1624 806030



*Robert Edmanon-Harrison*

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Coach, Trainer & Holistic Therapist

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