

A PRACTICAL SELF-EVALUATION TOOL



How do I feel today?

The **psychological health barometer** helps us take our vital psychological signs.

Regardless of the zone you are in, it is important to come back to green.

Need help?
For a helpline service that is
free, confidential and
available 24/7 ...

Suicide Prevention Helpline
1-866-APPELLE (277-3553)

Info-Social
811 option 2



	Healthy	Reacting	At risk	Critical
SIGNS	Calm and steady	Occasional anxiety or sadness	Persistent anxiety or sadness	Excessive anxiety, depression, or suicidal thoughts
	Sense of humour	Irritability or pessimism	Angry or cynical	Angry outbursts or aggression
	Mentally alert	Forgetfulness or intrusive thoughts	Indecision, poor concentration	Unable to concentrate
	Sleeping well	Difficulty sleeping	Sleep disturbances, nightmares	Significant sleep disturbances or oversleeping
	Performing consistently	Feeling overworked or procrastinating	Feeling overwhelmed, poor performance	Unable to complete work tasks
	Confident in self and others	Self-doubt	Distrusts others	Excessive distrust
	Feeling good	Tension or headaches	Persistent physical symptoms	More serious physical symptoms
	Good energy levels	Low energy	Fatigue	Exhaustion
	Physically active	Reduced physical activity	Physically inactive	Lethargic
	Socially active	Reduced social contacts	Avoiding social contacts	No contact with loved ones
STRATEGIES	Substance use is occasional and social	Substance use is regular but controlled	Substance use is difficult to control	Substance abuse or dependence
	Maintain current activities	Recover: slow down and rest	Acknowledge the need for action	Consult a professional immediately
	Practice mindfulness	Build mental health toolkit	Recover: eliminate non-essential tasks	Reach out to peers or someone you trust
	Cultivate social relationships	Identify problems	Reach out to peers	Consider a leave of absence from work
		Act on things that can be changed	Maintain contact with loved ones	Rekindle close relationships