



washington
support after suicide

**You
are
worthy
of
healing**



Self-Care Check-In

This material can be difficult to read. It's okay to take frequent breaks or come back to it later as needed.



How am I feeling right now?



When did I eat last?



When did I sleep last?



Is this too much information for me right now?



Do I need to talk about this material?



Do I need to talk to someone about how I'm feeling?



crisisconnections.org/wasas

