

How are you feeling?
...Really?



CHECK IT OUT TAKE A SCREENING

HOW IT WORKS

- STEP 1: Select a screening tool
- STEP 2: Answer a few questions
- STEP 3: Get instant feedback
- STEP 4: Explore local supports & resources

*Fast, Anonymous, Online Screening for
Mental Health & Addictions Issues*

Mental Health & Substance Use
SCREENING

www.checkitoutnl.ca

