

Dad's Mental Wellbeing Check-In

A gentle weekly reflection

This is not a diagnosis or a score. Use it to notice patterns, identify support and take one realistic next step.

How has this week felt?

Stress and mood

What has been weighing on me? What has felt a little easier?

Sleep and energy

How has sleep affected my mood and ability to cope? What rest is realistically available?

Family and relationships

Where have I felt connected or distant? Is there a conversation I need?

What is affecting me?

Work and money

What pressures are present, and what support or practical changes might help?

Movement and connection

Have I had any time outside, moved in a way that suits me or spoken with someone I trust?

Signs I need more support

Persistent distress, feeling unsafe, thoughts of self-harm, or struggling to function deserve attention.

One next step

One small action

Choose something realistic: a call, a walk, a conversation, or booking an appointment.

People and services

Trusted person, GP, NHS talking therapies where available, Samaritans 116 123.

Check-in date

When will I revisit this and see whether extra support is needed?

If you or someone else is in immediate danger, call 999. For urgent mental health help use NHS 111 where available. Samaritans: 116 123, free 24/7.