attollo
MENTAL HEALTH + PERFORMANCE



MENTAL HEALTH CHECK

YOU DON'T NEED TO BE IN CRISIS TO HAVE A MENTAL HEALTH PRACTITIONER.

Your Mental Health Check is a proactive conversation about how you are doing—not only what is going wrong. Connect with a qualified mental health practitioner, reflect on what matters and begin building a relationship you can return to over time.

WHAT TO EXPECT

1. Connect with a practitioner
2. Discuss well-being, stress, strengths and priorities
3. Identify next steps
4. Decide together if and when to check in again

A POSSIBLE ROUTINE

For some people, a check-in about every six months is a useful starting point. Frequency depends on individual needs.

COULD YOUR BENEFITS HELP?

Some extended health plans may reimburse eligible psychological services. Check your plan and provider eligibility before booking.

Make your first check-in part of your routine.

BOOK YOUR MENTAL HEALTH CHECK

attollomentalhealth.janeapp.com
Learn more at **attollomentalhealth.com/mental-health-check**

SCAN TO BOOK

SCAN TO LEARN