CHECKLIST · RELATIONSHIP

FREE PREVIEW

Prioritizing Mental Health in Relationships



Supporting mental health in relationships fosters trust, understanding, and long-term well-being. Use this checklist to prioritize emotional wellness together.

10 steps · Print-ready A4

NAME	START	TARGET DATE

1 Openly Discuss Mental Health

Share how you're feeling and encourage your partner to do the same.

TIP *Create a safe, judgment-free environment for these conversations.*

2 Recognize Signs of Stress or Burnout

Be observant of changes in mood, behavior, or energy levels.

EXAMPLE *"You seem a bit withdrawn lately—how can I support you?"*

3 Encourage Professional Help

Suggest therapy or counseling if needed and offer to assist in finding resources.

TIP *Normalize seeking help by discussing its benefits openly.*

PREVIEW



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PREVIEW