Wellbeing journal

A private page you fill in on your own device. Nothing you type leaves your browser. If you are not safe, use the numbers at the top first.

NAME _____ DATE _____

Date	Sleep (hours)	How I feel, in my words	One thing that went OK	Someone I talked to

SOURCES (CHECKED 2026-11-26)

Check current details on the official page. https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html (checked 2026-11-26)