

SHOULD I TALK TO SOMEONE?

A non clinical check in for when 'I'm fine' is doing a lot of work.

You do not need a crisis to talk to somebody. Sometimes the question is simply whether carrying all of this alone is still working.

LATELY...

- I keep saying 'I'm fine' because explaining it feels harder.
- Sleep is getting worse.
- I cannot really shut my brain off.
- I am more irritable than I want to be.
- I am avoiding people or conversations.
- Shows feel heavier or less enjoyable.
- I am questioning myself more than usual.
- Home or relationships feel harder to navigate.
- I am relying more on something to come down, get through, or switch off.
- I keep telling myself this is just part of the job.
- I do not feel quite like myself.

What is the thing you would talk about if you knew you did not have to make it sound serious enough?

YOU CAN USE THE 30 MINUTES

Arson Theory artists have access to a complimentary 30 minute SNDCHK Temperature Check. No commitment. No requirement that something be 'wrong.' Just a private place to figure out what is going on and what might help next.

If you want continued support after that, full 55 minute SNDCHK sessions are available to Arson Theory artists for \$85.

If you are in immediate danger or need urgent crisis support, use local emergency or crisis services rather than waiting for a SNDCHK appointment.

SNDCHK SESH. | Built for life on and off the road.