

HOW ARE YOU GOING?

NOT TRAVELLING VERY WELL, FRANKLY

HAVEN'T SLEPT PROPERLY FOR TWO WEEKS

GOT A TIGHT FEELING IN MY CHEST

I FEEL LIKE SOMETHING BAD'S GOING TO HAPPEN

I'VE GOT THESE ACHES AND PAINS - DON'T KNOW WHY

I FEEL SAD ALL THE TIME

MY HEART'S POUNDING

CAN'T SEEM TO CONCENTRATE LIKE I USED TO

I'M ANGRY AND IRRITABLE WITH EVERYBODY

FINE, THANKS.



EQUIPT - THE APP FOR COPS. DOWNLOAD CHECK IN

