



Wellness Check-In

A gentle self-reflection form for youth, young adults, families, and ACCESS Support Guides to notice what is going on and choose a helpful next step.

This form is not for emergencies. If there is immediate danger, call 911. For crisis support, call or text 988, or use local emergency and crisis services.

Basic Check-In

Name / preferred name	
Date	
ACCESS Support Guide	

How am I feeling today?

☐ Calm	☐ Hopeful	☐ Okay
☐ Tired	☐ Overwhelmed	☐ Sad
☐ Anxious	☐ Angry	☐ Lonely
☐ Numb	☐ Motivated	☐ Unsure

You can leave anything blank. This page is meant to start a supportive conversation, not pressure you into explaining everything.

Today's Wellness Snapshot

Circle or check what fits today. 1 means low or difficult, and 5 means strong or steady.

Check-in area	1	2	3	4	5	Notes
Mood	☐	☐	☐	☐	☐	
Stress level	☐	☐	☐	☐	☐	
Energy	☐	☐	☐	☐	☐	
Sleep / rest	☐	☐	☐	☐	☐	
Feeling supported	☐	☐	☐	☐	☐	
Focus / organization	☐	☐	☐	☐	☐	

What feels hardest right now?

What is helping, even a little?

Support I Might Need

Choose any areas where support, a referral, or a follow-up conversation could help.

Support Options

☐ Someone to talk to	☐ Resource referral
☐ School / work support	☐ Family support
☐ Health coverage help	☐ Food or housing support
☐ Transportation help	☐ Digital wellness support
☐ Follow-up reminder	☐ Crisis resource info

One thing I want support with

Something my ACCESS Support Guide should know

Something I do not want to discuss yet

It is okay to say no, skip a topic, or ask to come back to something later.

My Next Steps

Use this page to turn the check-in into a small plan that feels realistic.

One small next step	When?	Who can help?	Notes

Follow-up plan

If things feel worse, I can reach out to

Helpful reminder: ACCESS is for non-crisis wellness navigation and support. In an emergency, call 911. For mental health crisis support, call or text 988.

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