

WELLNESS TOOLS / HELPING SOMEONE

How to Check In With Someone

You do not need perfect words. You need a real conversation.

5 MIN

Small enough to use today. Practical enough to use again.

If someone seems different, quieter, overwhelmed, or simply not like themselves, checking in can make it easier for them to tell you what is going on.

Notice - Ask - Listen - Connect

NOTICE "You seem quieter than usual." "I noticed you have had a rough week." Stick to what you observed.

ASK "How are you really doing?" "Want to talk about what has been going on?"

LISTEN Give them time. Do not rush to fix, compare, lecture, or explain their feelings away.

CONNECT Ask what would help next: another conversation, a trusted person, a professional, or practical help.

Try these words

"You do not have to figure it all out right now."

"I am glad you told me."

"Do you want me to listen, help problem-solve, or help you find support?"

Write it down

Someone I want to check in with:

The words I can use to start:

Want to go deeper? Community Wellness by ASAAP offers free mental wellness and coping education. CALM Conversations is offered in person only. Contact kerry@asaap-ne.org.