



specialneeds.help/wellness-assessment



HELPIpedia | SpecialNeeds.help

[Home](#)

[Resources](#)

[Assessment](#)

[About](#)

SCREEN 1 OF 4

EVIDENCE-BASED WELLNESS TOOL

Wheel of Wellness Assessment

Find out what you need in 5 minutes

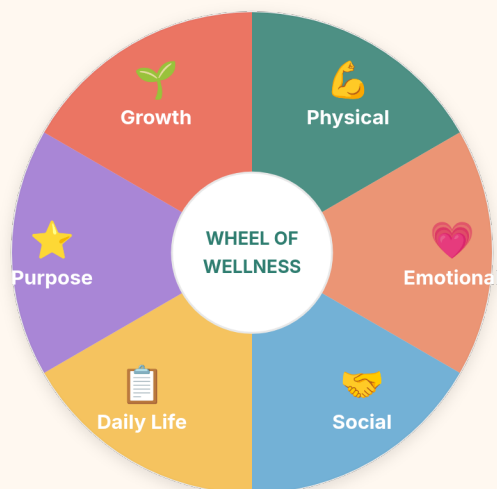
This quick check helps you see how you are doing across six parts of life. Answer a few short questions and get ideas for support that fits you. Based on tools used by doctors and counselors.

⌚ Takes ~5 minutes

🎯 Results made for you

🔗 Links to help

🔒 Private & safe



[Start Your Assessment](#)

Adapted from WHO's Life Skills Training Manual for Young People and the TOMIS Global-10 (NIH, 2018)



Your Wellness Check

Question 4 of 18

- Physical Emotional Social Daily Life Purpose Growth

PHYSICAL WELLNESS

Q 1 / 18

In the past month, how often have you felt tired or worn out?

- ☐ Almost all the time ☒ More than half the time
- ☐ Some of the time ☐ Once in a while

EMOTIONAL WELLNESS

Q 4 / 18

In the past two weeks, how often have you felt calm and at ease?

- ☐ At no time ☐ Some of the time
- ☒ More than half the time ☐ All of the time

SOCIAL WELLNESS

Q 7 / 18

Do you have people in your life you can count on when things get hard?

- ☒ No, I feel alone ☐ I have one or two people
- ☐ I have a small group ☐ I have a strong network



✓ Check Complete

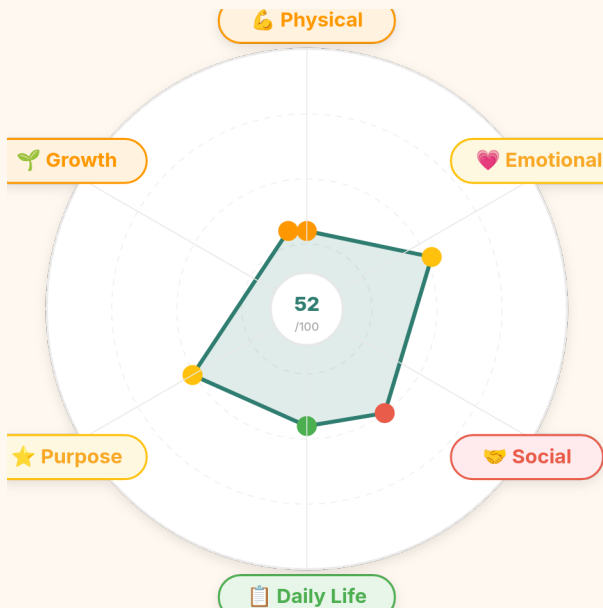
Your Wellness Snapshot

Here is what your answers show about how you are doing across the six parts of wellness. Areas with lower scores may need more attention.

OVERALL WELLNESS SCORE

52 / 100

You're doing okay in some areas. A few spots could use a little help.



Physical

Okay

Score: 30/100

You may be running low on energy. Small changes can help you feel stronger.



Emotional

Okay

Score: 55/100

You feel calm some of the time. There is room to feel even better.



Social

Needs Attention

Score: 20/100

You may feel alone. Finding your people could make a big difference.



Daily Life

Strong

Score: 80/100

You handle day-to-day tasks well. Keep doing what works!



Purpose

Okay

Score: 50/100

You have some sense of purpose. Building on what matters to you can help.



Growth

Okay

Score: 35/100

Learning and trying new things may have taken a back seat lately.



Social Connection Resources

Your Social Wellness score shows you may feel alone right now. This is common — and there are real ways to find your people.

→ Feeling connected to others can help with stress, health, and finding joy in everyday life.



Local Support Groups

Find groups near you where people share experiences, swap tips, and build friendships. Many meet in person or online.

Local Directory

[Learn More →](#)



Online Peer Communities

Join online spaces where people going through similar things offer support and advice at any time of day.

Online

[Learn More →](#)



Mentor Matching Program

Get paired with someone who has been where you are. They can listen, share ideas, and walk alongside you.

Program

[Learn More →](#)



Community Events Near You

Discover local events, classes, and meetups where you can connect with people who share your interests.

Events

[Learn More →](#)



Connect with a Peer Mentor

Talk to someone who gets it. Our trained peer mentors offer support, ideas, and a listening ear — at no cost.

[Get Connected →](#)



[Download Full Results \(PDF\)](#)



[Share Results](#)



[Take It Again](#)



[See All Areas](#)