SOUL CHECK

RECOVERY • MENTAL HEALTH • TRAUMA • HOPE

Real Stories. Real Conversations. Real Change.

A Resource for Recovery, Mental Health, and a More Compassionate World

Soul Check is a collection of articles, resources, books, and creative projects focused on addiction, mental illness, trauma, recovery, and the human experience. My goal is to reduce stigma, spark conversation, and offer practical tools for individuals, families, and professionals.



WHAT YOU'LL FIND ON SOULCHECK.LIFE

ARTICLES & REFLECTIONS
Honest, practical, and thought-provoking articles on recovery, mental health, trauma, and current issues that impact our communities.

BOOKS
The "Why Am I?" series and other writings that explore real-life challenges with insight, experience, and hope.

FREE RESOURCES
Downloadable graphics, tip sheets, worksheets, and guides you can print and share. Practical tools for individuals, families, and professionals.

PODCAST
Soul Check conversations featuring real stories, expert insights, and discussions that matter.

NONPROFIT & COMMUNITY PROJECTS
Information about our peer-run center and respite house initiatives, and how to get involved.

ABOUT & CONTACT
Learn more about my background, credentials, and how to connect, collaborate, or support the mission.



"My hope is that Soul Check inspires, educates, and supports people wherever they are on their journey— and helps create a more understanding, compassionate, and hopeful world."

— John K. Burgess

NEW YORK CERTIFIED PEER SPECIALIST

VISIT

SOULCHECK.LIFE

ARTICLES | BOOKS | FREE RESOURCES | PODCAST | PROJECTS

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