

how do i get a wellness check on someone

How Do I Get a Wellness Check on Someone? A Comprehensive Guide

Worried about a loved one? Feeling uneasy about someone's well-being? Knowing how to get a wellness check can be crucial in times of concern. This comprehensive guide will walk you through the process, explaining the different options available, the information you'll need, and what to expect. We'll cover everything from informal checks to formal requests with law enforcement, ensuring you have the knowledge to act effectively and responsibly.

Understanding the Urgency: Assessing the Situation

Before diving into the methods, it's vital to assess the level of urgency. Is this a concern about someone who's generally healthy but you haven't heard from in a while, or is this a situation involving immediate danger? The approach differs drastically depending on the severity.

Low Urgency: If you're worried because you haven't heard from someone in a few days and they're generally independent and healthy, a simple phone call or text message might suffice. Try reaching out to mutual friends or family members to see if they've been in contact.

Medium Urgency: If you've tried contacting the person multiple times without success, and you have concerns about their mental or physical health, it's time to consider more formal actions.

High Urgency: If you believe the person is in immediate danger – experiencing suicidal thoughts, exhibiting signs of self-harm, or involved in a dangerous situation – you need to act quickly. This often involves calling emergency services immediately.

Methods for Initiating a Wellness Check: A Step-by-Step Approach

The methods for initiating a wellness check vary based on your relationship with the individual and the perceived level of risk.

1. Informal Check: The Personal Approach

This involves directly contacting the individual or reaching out to people close to them. Try calling, texting, or visiting their home if you're comfortable doing so. If you can't reach them, try contacting close friends or family members. This initial step helps gauge the situation before escalating.

1. Reaching Out to Local Authorities: Non-Emergency Situations

If informal attempts fail, you might contact your local non-emergency police line or your local equivalent. Explain your concerns clearly and concisely. They might be able to perform a welfare check, although the criteria for intervention varies depending on jurisdiction and the specific circumstances. Be prepared to provide information such as:

The person's full name and address.

Their age and description (physical characteristics).

The nature of your concern and why you're worried.

Your relationship to the person.

Any recent unusual behavior or events you've observed.

Contact information for yourself and anyone else who might have relevant information.

1. Emergency Services: When Seconds Matter

If you believe the person is in immediate danger, call emergency services immediately (911 or your local equivalent). Explain the situation clearly and calmly, providing the same information as above. Emergency responders are trained to handle urgent situations and will assess the situation rapidly.

1. Mental Health Professionals: Addressing Mental Health Concerns

If your concern is primarily related to mental health, contacting a mental health professional or crisis hotline is highly recommended. They can provide guidance and support, potentially leading to intervention and care. These resources are trained to handle sensitive situations and can offer valuable assistance.

1. Utilizing Social Services: Exploring Other Avenues

Depending on the individual's circumstances, other social services might be relevant. This could include adult protective services (if the individual is elderly or vulnerable), child protective services (if the concern involves a child), or other relevant agencies.

What to Expect After Initiating a Wellness Check

The response you receive will depend on the method used and the urgency of the situation. In non-emergency situations, authorities might take some time to respond. They might simply make a phone call or visit the person's home to check on their well-being. In urgent situations, emergency services will respond quickly and take appropriate action.

Legal Considerations and Ethical Boundaries

It's crucial to understand the legal and ethical boundaries involved. You should only contact authorities or initiate a wellness check if you have genuine concerns about the person's safety or well-being. Falsely reporting a wellness check can have serious legal consequences. Remember to act responsibly and within the bounds of the law.

Conclusion

Knowing how to get a wellness check on someone is a valuable skill. Whether it's a simple phone call or contacting emergency services, acting responsibly and understanding the available resources can make a significant difference. Remember to prioritize the individual's safety and well-being, and always act within ethical and legal boundaries.

FAQs

1. Can I anonymously request a wellness check? Many jurisdictions allow for anonymous tips to non-emergency lines, but providing identifying information can significantly assist authorities.
1. What happens if the person refuses help? If the person is deemed competent and refuses help, authorities might have limited options, but they will likely document the interaction.
1. What if I'm worried about someone who lives in another state? You'll need to contact the appropriate authorities in the state where the

person resides.

1. Are there costs associated with requesting a wellness check? Generally, requesting a wellness check through non-emergency lines is free. Emergency services are also free.

1. What if I'm concerned about a minor? Contact child protective services or emergency services immediately. Their safety is paramount.

how do i get a wellness check on someone: *Ask a Manager* Alison Green, 2018-05-01 From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

how do i get a wellness check on someone: Defund the Police Chris Cunneen, 2023-04-25 This book examines the 'defund the police' movement from historical and contemporary perspectives. It uses international case studies to reimagine community safety beyond policing and imprisonment.

how do i get a wellness check on someone: *The Royall Send-Off* Kasey Michaels, 2020-02-04 Winifred Fassbinder was raised on a Pennsylvania farm that has been in her family since the 1700s. As the last surviving Fassbinder, however, she now resides at Royall Crest, an upscale 55-and-over slice of Heaven...or at least its residents hope Heaven can live up to their cushy lives at Royall Crest. But Winnie, who tries to be as uninvolved in other people's lives as possible, has begun to wonder if some of the Charter Members at Royall Crest aren't finding out about the real Heaven in oddly

increasing numbers. As a Charter Member herself, Winnie figures it might be time she does a little investigating. Yet even as she wonders how to do that, she's faced with a weepy but adorable Pollyanna, a runaway murder suspect with an attitude, a floater in one of the Royall Crest hot tubs, a Bad Boy with good intentions, and a cop who just wants to slide into retirement without complications. Written in the vein of Kasey's Maggie Kelly bestselling mystery series, the crimes are off-the-wall, the cast of characters wacky but loveable creations of her fertile imagination and love of the ludicrous. Only this time, the Senior Set gets into the act!

how do i get a wellness check on someone: *Emotional Survival for Law Enforcement* Kevin M. Gilmartin, 2021 This book is designed to help law enforcement professionals overcome the internal assaults they experience both personally and organizationally over the course of their careers. These assaults can transform idealistic and committed officers into angry, cynical individuals, leading to significant problems in both their personal and professional lives.

how do i get a wellness check on someone: *A Thirst That Never Ceases* Judy Owens, 2021-09-09 A Thirst that Never Ceases is about a family of faith believers whose religious way of thinking has been reconditioned with each challenging struggle they experience in life. This family learns that their religious mentality may be sufficient in the protocol of church but does not bring comfort to them in the midst of a storm. In spite of their mistakes and at times bad decisions, they support each other in love. The works of their faith become more evident as they find strength in their experience of God's living Word, holding steadfast to the belief, "For where two or three are gathered together in my name, there am I in the midst of them" (Matt. 18:20). Just like an eagle, they do not flee from a storm but uses the wind of the storm to gain altitude in soaring high above the storm. Many times, they find themselves in the midst of wolves; however, they remain harmless as a dove while allowing God's wisdom to guide them. As this family is divinely guided into the pathway of righteousness, their love for God will help them in understanding that falling in love with God is not about falling in love with religion but in relationship with him.

how do i get a wellness check on someone: *A Brief History of Stigma* Ashley L. Peterson, 2021-11-08 Stigma can have a huge impact on the lives of people living with mental illness. That needs to change, but how can we make it happen? A Brief History of Stigma explores the past and present of stigma to give a solid basis to examine strategies to reduce stigma and critically evaluate their effectiveness. It also incorporates the author's experiences as a former mental health nurse living with a chronic mental illness. The book is divided into three parts. Part I explores what exactly stigma is, including relevant sociological theory and common stereotypes. Part II looks at some of the contexts in which stigma can occur, including the media and health care. Part III explores different stigma reduction strategies and what the research has to say about their effectiveness. You'll likely be surprised to learn how ineffective certain commonly used strategies are when it comes to changing public attitudes. This book is for anyone who's interested in understanding stigma and making the world a better place for people with mental illness. Together, we can create positive change!

how do i get a wellness check on someone: *The Minneapolis Reckoning* Michelle S. Phelps, 2024-05-07 Since the beginning of the Black Lives Matter Movement in 2014, police brutality, police violence, and police reform have emerged as central public policy concerns, and throughout that time, Minneapolis has been at the center of these conversations, both as a leader in progressive police reform and as a demonstration of the failure of those reforms. From solidarity protests with Ferguson in 2014, to an occupation of a police precinct following the killing of Jamar Clark in 2015, protests following the death of Justine Damond (Ruszczyk) in 2017, and the uprising following George Floyd's murder in 2020, activists in Minneapolis have long demanded that the city take measures to make Black Lives Matter. In 2020, these demands shifted from police reform and accountability toward police defunding and abolition, culminating in a deeply contested ballot initiative to replace the Minneapolis Police Department with a new Department of Public Safety-a debate that has come to symbolize the rift in opinion about the role of policing that continues to divide the nation. The Minneapolis Reckoning uses Minneapolis as a case study to understand

policing, police violence, and anti-police-violence activism in the twenty-first century. Drawing on fieldwork conducted between 2017 and 2021, as well as detailed historical analyses of transformations in the Minneapolis Police Department from the Great Migration to the present, Michelle Phelps tells the complex story of elected officials, elite interests, activist organizers, and residents struggling to gain power over the police. Tracing the ways in which movements pushing for the transformation of policing have crashed into the local politics of race, inequality, and violence, both in the years leading up to the murder of George Floyd and in its aftermath, Phelps offers revealing lessons about the political struggle over policing and the power of social movements for racial justice to create change--

how do i get a wellness check on someone: The Confession Sierra Kincade, 2015-05-05 The hot and thrilling conclusion to the Body Work Trilogy, following *The Masseuse* and *The Distraction* Anna Rossi walked away from Alec Flynn to keep her family and friends safe. But she can't protect her heart from him, no matter how hard she tries... Time has done nothing to quell Anna's need for Alec. She knows that she did the right thing walking away; the constant media attention that Alec's been getting for testifying against Maxim Stein and Force Enterprises is evidence enough of that. But no matter how many times she warns herself that Alec is dangerous, she just can't stay away—even after her connection to him once again threatens her life... Alec knows the evidence he has against Max could stop him from hurting anyone ever again. But when it's revealed that Alec stands to inherit everything from Max's loss, his testimony is called into question—and Max could walk free putting Anna in harms' ways once again. Now he's beginning to wonder if any of this is even worth it—and if he and Anna will ever have a chance at true happiness...

how do i get a wellness check on someone: **Your Consent Is Not Required** Rob Wipond, 2023-01-24 Asylums are supposed to be in the past. However, though the buildings were closed, many of the practices lived on. In fact, more law-abiding Americans today are being involuntarily committed and forcibly treated "for their own good" than at any time in history. In the first work of investigative journalism in decades to give a comprehensive view into contemporary psychiatric incarceration and forced interventions, *Your Consent Is Not Required* exposes how rising numbers of people from many walks of life are being subjected against their will to surveillance, indefinite detention, and powerful tranquilizing drugs, restraints, seclusion, and electroshock. There's a common misconception that, due to asylum closures, only "dangerous" people get committed now. But forced psychiatric interventions today occur in thousands of public and private hospitals, and also in group and long-term care facilities, troubled-teen and residential treatment centers, and even in people's own homes under outpatient commitment orders. Intended to "help," for many people the experiences are terrifying, traumatizing, and permanently damaging. Driven partly by individuals' genuine concerns for the "mental health" of others, and partly by institutions entangled with goals of power, profit, and social control, psychiatric coercion is increasingly used to: manage school children and the elderly quell family conflicts police the streets control people in shelters, community living, and prisons fraudulently increase hospital profits "resolve" workplace disagreements detain protesters and discredit whistleblowers Thoroughly researched, with alarming true stories and hard data from the US and Canada, Rob Wipond's *Your Consent Is Not Required* builds an unassailable case for greater transparency, vigilance, and change.

how do i get a wellness check on someone: The Violent Person at Work Laurence Barton, 2020-04-10 Stalking. Sexual harassment. Mass shootings. Employers are increasingly expected to have a plan to identify and manage threats posed by employees in the workplace. But how do you manage the violent person at work? In his authoritative new guide, Laurence Barton draws on over 30 years' experience as the world's leading threat assessor to outline how to prevent, manage and mitigate workplace violence. He shows businesses and organizations of all sizes how to navigate new privacy laws, different management structures and legal considerations in order to take straightforward, practical steps to minimize and ultimately prevent risk. *The Violent Person at Work* is an invaluable new handbook for businesses and HR, legal and security professionals worldwide.

how do i get a wellness check on someone: *Humbling Ourselves at the Feet of Jesus* Berea

Thomas, 2021-05-14 Wherever we go, whatever we do, Jesus is with us! Sometimes we forget to see His “feet” in every situation. This book is a simple reminder that through the trials we face, through the hardships and frustrations, and through our triumphant moments, the feet of Jesus are right beside you and me. He is bigger than any problem, situation, or circumstance. This book will inspire you to either connect, reconnect, or stay connected to our Lord and Savior Jesus Christ. “I am honored, proud and happy to endorse this book! I have been enlightened, inspired, and challenged to be a better kingdom minded person since reading it! I consider it to be a poignant adventure!”
—Apostle Dr. Linda Millsaps-Jones, M.Ed., M.A.P.T., D.D.

how do i get a wellness check on someone: *Once a Giant* Gary Myers, 2023-09-12 The inside story of the Super Bowl champion 1986 Giants, the extraordinary friendships that resulted--and stunning revelations about the hardships they faced, based on new interviews with Bill Parcells, Phil Simms, Mark Bavaro, and Bill Belichick. The 1986 New York Giants are legendary. A championship team coached by Bill Parcells and his wunderkind assistant Bill Belichick, featuring future Hall of Famers and All-Pros like Phil Simms, Lawrence Taylor, Mark Bavaro, and Harry Carson. They were dominant on the field and formed a unique and lasting bond off of it. More than thirty years later, it's the friendships that have proved more important--a matter of life and death. In *Once a Giant*, bestselling football writer Gary Myers tells the story of that team and what became of it. Gridiron glory eventually faded; chronic pain, addiction, and in some cases crimes have followed. Many football players face these harsh realities, but the Giants have confronted and survived them together. With unprecedented access, Myers dives into such issues as Mark Bavaro's battle with injuries, the breakup and reconciliation of Parcells and Belichick, and Lawrence Taylor's struggles with sobriety. He creates a never-before-seen portrait of the team's run to the title, and their even more challenging fight to live after it ended.

how do i get a wellness check on someone: I'll Take The Stars With Me Sabrina Boileau, As Violet's final week alive ensues without the knowledge of her friends and family, she attempts to complete a list of tasks. Will She accomplish everything she wants? Or will she die with unfinished business?

how do i get a wellness check on someone: *The Color of Love* Marra B. Gad, 2019-11-12 In this award-winning memoir, a mixed-race Jewish woman recounts her journey from adoption and prejudice to helping the family that once shunned her. Marra B. Gad's biological parents were a black man and a white Jewish woman. In 1970, at three days old, she was adopted by a white Jewish family in Chicago. For them, it was love at first sight—but the world was not ready for a family like theirs. In black spaces, Marra was considered “not black enough” and encountered antisemitism. In Jewish spaces, she was mistaken for the help, asked to leave, or worse. She even faced racism within her own family. Marra's family cut ties with relatives who refused to accept her—including her once beloved and glamorous Great-Aunt Nette. But after fifteen years of estrangement, Marra discovered that Nette had Alzheimer's, and that she was the only one able to reunite Nette with her family. Instead of revenge, Marra chose love, and watched as the disease erased her aunt's racism, making space for a relationship that was never possible before. *The Color of Love* explores the idea of *yerusha*, which means “inheritance” in Yiddish. At turns heart-wrenching and heartwarming, this is a story about what you inherit from your family—identity, disease, melanin, hate, and most powerful of all, love. Winner of the 2020 Midwest Book Award in Autobiography/Memoir

how do i get a wellness check on someone: *The Maltreated Child* Jan Carter, 1974

how do i get a wellness check on someone: *Caring for People with Mental Health and Substance Use Disorders in Primary Care Settings* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Sciences Policy, Board on Health Care Services, Forum on Mental Health and Substance Use Disorders, 2021-01-30 Behavioral health conditions, which include mental health and substance use disorders, affect approximately 20 percent of Americans. Of those with a substance use disorder, approximately 60 percent also have a mental health disorder. As many as 80 percent of patients with behavioral health conditions seek treatment in emergency rooms and primary care clinics, and between 60 and 70 percent of them are

discharged without receiving behavioral health care services. More than two-thirds of primary care providers report that they are unable to connect patients with behavioral health providers because of a shortage of mental health providers and health insurance barriers. Part of the explanation for the lack of access to care lies in a historical legacy of discrimination and stigma that makes people reluctant to seek help and also led to segregated and inhumane services for those facing mental health and substance use disorders. In an effort to understanding the challenges and opportunities of providing essential components of care for people with mental health and substance use disorders in primary care settings, the National Academies of Sciences, Engineering, and Medicine's Forum on Mental Health and Substance Use Disorders convened three webinars held on June 3, July 29, and August 26, 2020. The webinars addressed efforts to define essential components of care for people with mental health and substance use disorders in the primary care setting for depression, alcohol use disorders, and opioid use disorders; opportunities to build the health care workforce and delivery models that incorporate those essential components of care; and financial incentives and payment structures to support the implementation of those care models, including value-based payment strategies and practice-level incentives. This publication summarizes the presentations and discussion of the webinars.

how do i get a wellness check on someone: Decluttered and Dead Carolyn Ridder Aspenson, 2020-01-21 A Georgia real estate pro needs to find the key to a murder in this mystery by the USA Today-Bestselling author . . . Real estate agent Lily Sprayberry doesn't like sticking her nose in other people's business, but sometimes, she can't help herself. Especially when those people are ones she cares about. And when one of them winds up dead during Lily's decluttering and staging class, she has to find the killer—much to the chagrin of the county sheriff who just happens to be the man she's loved since she was a kid. Too bad though, because once a friend, always a friend, at least in Lily's book. She'll do whatever she can to find the killer, even if that means she might die. Because that's what friendship means to Lily Sprayberry . . .

how do i get a wellness check on someone: *The Policing Machine* Tony Cheng, 2024 A revelatory look at how the NYPD has resisted change through strategic and selective community engagement. The past few years have seen Americans express passionate demands for police transformation. But even as discussion of no-knock warrants, chokeholds, and body cameras has exploded, any changes to police procedures have only led to the same outcomes. Despite calls for increased accountability, police departments have successfully stonewalled change. In *The Policing Machine*, Tony Cheng reveals the stages of that resistance, offering a close look at the deep engagement strategies that NYPD precincts have developed with only subsets of the community in order to counter any truly meaningful, democratic oversight. Cheng spent nearly two years in an unprecedented effort to understand the who and how of police-community relationship building in New York City, documenting the many ways the police strategically distributed power and privilege within the community to increase their own public legitimacy without sacrificing their organizational independence. By setting up community councils that are conveniently run by police allies, handing out favors to local churches that will promote the police to their parishioners, and offering additional support to institutions friendly to the police, the NYPD, like police departments all over the country, cultivates political capital through a strategic politics that involves distributing public resources, offering regulatory leniency, and deploying coercive force. The fundamental challenge with police-community relationships, Cheng shows, is not to build them. It is that they already exist and are motivated by a machinery designed to stymie reform.

how do i get a wellness check on someone: Autopsy Patricia Cornwell, 2021-11-30 New York Times Bestseller In this relaunch of the electrifying, landmark #1 bestselling thriller series, chief medical examiner Dr. Kay Scarpetta hunts those responsible for two wildly divergent and chilling murders. Forensic pathologist Dr. Kay Scarpetta has come almost full circle, returning to Virginia, the state where she launched her storied career, as the chief medical examiner. Finding herself the new girl in town once again after being away for many years, she's inherited both an overbearing secretary and a legacy of neglect and potential corruption. She and her husband, Benton Wesley,

now a forensic psychologist with the U.S. Secret Service, have relocated to Old Town Alexandria, where she's headquartered five miles from the Pentagon in a post-pandemic world that's been torn apart by civil and political unrest. After just weeks on the job, she's called to a scene by railroad tracks—a woman's body has been shockingly displayed, her throat cut down to the spine—and as Scarpetta begins to follow the trail, it leads unnervingly close to her own historic neighborhood. At the same time, a catastrophe occurs in a top secret laboratory in outer space, endangering at least two scientists aboard. Appointed to the highly classified Doomsday Commission that specializes in sensitive national security cases, Scarpetta is summoned to the White House and tasked with finding out exactly what happened. But even as she remotely works the first potential crime scene in space, an apparent serial killer strikes again very close to home. This latest novel in the groundbreaking Kay Scarpetta series captivates readers with the shocking twists, high-wire tension, and forensic detail that Patricia Cornwell is famous for, proving once again why she's the world's #1 bestselling crime writer.

how do i get a wellness check on someone: The White Knight Josh Lanyon, 2012-05-20 The White Knight. It's a Hollywood cliché. But in the case of hot and handsome LAPD Detective Daniel Moran, the clichés are all true. Dan is everything rising Hollywood star Sean Fairchild ever wanted in a leading man, but Dan's kind of an old-fashioned guy. It's his job to keep Sean safe and in one piece—happy is someone else's problem.

how do i get a wellness check on someone: Do Not Forsake Me Paul Rader, 2024-08-30 Four factors are rapidly converging into a "silver tsunami" that will soon challenge every aspect of American society: 1) the increasing number of people living with dementias; 2) the mounting number of people providing dementia care, whether they want to or not; 3) the spiraling healthcare costs of dementia care; and 4) the lack of geriatricians to provide medical care and oversight. The way dementia care is currently provided is simply not sustainable. Congregations and other community groups must on the one hand find ways to support those providing dementia care, and on the other hand become involved in long-term efforts to make such care reliable, reasonable, and affordable so that those with dementia will not be forsaken.

how do i get a wellness check on someone: Becoming Abolitionists Derecka Purnell, 2022-10-04 One of the New York Times' 6 New Paperbacks to Read Now in paperback and with new material, a 2021 Kirkus Best Book of the year in both Nonfiction and Current Events, the book Naomi Klein called: "a triumph of political imagination and a tremendous gift to all movements struggling towards liberation." For more than a century, activists in the United States have tried to reform the police. Millions of people continue to protest police violence because these solutions do not match the problem: the police cannot be reformed. In her critically acclaimed first book *Becoming Abolitionists*, Purnell draws from her experiences as a lawyer, writer, and organizer initially skeptical about police abolition. She saw too much sexual violence and buried too many friends to consider getting rid of police in her hometown of St. Louis, let alone the nation. But the police were a placebo. Calling them felt like something, and something feels like everything when the other option seems like nothing. Purnell details how multi-racial social movements rooted in rebellion, risk-taking, and revolutionary love pushed her and a generation of activists toward abolition. The book travels across geography and time, and offers lessons that activists have learned from Ferguson to South Africa, from Reconstruction to contemporary protests against police shootings. Here, Purnell invites readers to envision new systems that work to address the root causes of violence. *Becoming Abolitionists* shows that abolition is not solely about getting rid of police, but a commitment to create and support different answers to the problem of harm in society, and, most excitingly, an opportunity to reduce and eliminate harm in the first place.

how do i get a wellness check on someone: Blood Sisters Dharma Kelleher, 2020-10-15 A powerful senator concealing a scandal. A ruthless biker gang with a grudge. One woman defies them all to ensure the truth is told. Shea Stevens fears an impending biker gang war could destroy her family. A year after she put a rival club behind bars, Shea is blindsided when a crooked senator gets them out of prison. When the senator's former mistress begs for protection, Shea and her own

sisterhood of female bikers rally to defend the woman from the merciless gang sent to silence her. But as violence rocks the once-quiet streets of rural Arizona and long-kept secrets are exposed, Shea fears losing the one person she treasures most. Her young niece. Can Shea protect both women from a crooked senator and the bloodthirsty biker gang bent on revenge? *Blood Sisters* is the gripping third book in the Shea Stevens Outlaw Biker crime thriller series. If you like full-throttle action, heart-pounding intrigue, and exciting tales where queer women join forces and kick ass, then you'll love Dharma Kelleher's thrilling story of high-octane girl power. Buy *Blood Sisters* today and join Shea as she fights for justice and truth.

how do i get a wellness check on someone: Authentic African Leadership Gail Cameron, 2014-07-01 Telling the untold South African stories of courage, fortitude, and the desire to succeed against all odds, *Authentic African Leadership* is a compilation of true leadership stories written by top leaders in corporate South Africa who Gail Cameron, founder of the Image Excellence Group, has coached over the last 20 years. The stories are compelling as each reflects an authentic African leader's unique indigenous culture, value, norms, beliefs, historical underpinnings, and traditions. Each of the contributors to the book relates how they overcame enormous challenges—both personal and professional—to succeed against all odds. Numerous exercises allow the reader to rate him/herself in key competencies and to identify personal styles and traits.

how do i get a wellness check on someone: POWER Konstantinos Papazoglou, Daniel M. Blumberg, 2019-11-14 *Power: Police Officer Wellness, Ethics, and Resilience* collectively presents the numerous psychic wounds experienced by peace officers in the line of duty, including compassion fatigue, moral injury, PTSD, operational stress injury, organizational and operational stress, and loss. Authors describe the negative repercussions of these psychic wounds in law enforcement decision-making, job performance, job satisfaction, and families. The book encompasses evidence-based strategies to assist law enforcement agencies in developing policy programs to promote wellness for their personnel. The evidence-based techniques presented allow officers to get a more tangible and better understanding of the techniques so that they apply those techniques when on and off-duty. With forewords authored by Dr. John Violanti (Distinguished Police Research Professor) and Dr. Tracie Keese, Vice President of the Center of Policing Equity, this book is an excellent resource for police professionals, police wellness coordinators, early career researchers, mental health professionals who provide services to law enforcement officers and their families, and graduate students in psychology, forensic psychology, and criminal justice. - Platinum Award Winner 2019, Homeland Security Awards - American Security Today - Provides reader with evidence-based strategies to promote officer wellness - Covers compassion fatigue, moral injury, PTSD, operational stress, and more - Written by established scholars and professionals from a law enforcement context

how do i get a wellness check on someone: Handbook of Disability Marcia H. Rioux,

how do i get a wellness check on someone: Mysterious Night Visitor G. L. Didalesuky, 2024-06-01 I graduated from Wayne State University with a secondary education degree in Unified Science and a minor in English. I then graduated from University of Detroit-Mercy with a Physician Assistant degree. Life experiences and an overactive imagination motivates my passion for writing. My favorite authors are Tess Gerritsen, Robin Cook and several Rogue Phoenix Press authors. My previous novels touch different genres, including medical mystery/suspense; medical supernatural; medical thrillers, and thriller suspense. My eight novels and a book of short stories are published by Rogue Phoenix Press. I live in Florida with my wife, Holly.

how do i get a wellness check on someone: Who Spiked the Eggs? S.J. Altree, Detective Angie Taylor has a puzzler on her hands when a couple vanishes into thin air, leaving behind their money, credit cards, phones, and a half-eaten breakfast. On the surface it appears that Ronald and Jessica Thornton were interrupted in the middle of their meal, but appearances can be deceiving. Were the Thorntons really abducted, or is something else going on? Find out in the first Angie Taylor mystery. *Who Spiked the Eggs?* is a 14,000-word cozy mystery perfect for your daily commute, the beach, or a rainy day. KEYWORDS: mystery, cozy mystery, women sleuths, detective, mystery series, short reads, whodunit

how do i get a wellness check on someone: Heartstone Rose Sartin, 2022-12-12 Separated by Time. Joined by Fate. Life was tough enough already for Air Evac nurse Willie McAllister, and that was before she started living two lives. After failing to save her cousin Josh's life following a horrific single-car accident, Willie finds herself overcome with grief and guilt. More than that, though, she's haunted by Josh's last words—a warning for her to stay away from the small Missouri town of Nevada. When a Deputy U.S. Marshal shows up at her door asking questions, she begins to suspect there's more to the whole thing than just a random car accident. Could Josh have been murdered? In the depths of her sadness, though, Willie also begins seeing things she can't explain—glimpses of a distant figure, flashes of another time. She witnesses the life and tragic death of the Osage warrior, Stone Shaper, and the grief of Beth, his young bride. But why is she seeing these things, and what does it all mean? Why has she suddenly become connected to a man murdered almost two hundred years in the past? As Willie's life begins to spin out of control, who will be there to catch her? The handsome marshal she thinks she may be falling for? The gentle old Osage minister who seems to know what she's seeing? Or the helpful local firefighter who keeps popping up whenever she needs a hand? All she knows is that she must find justice for Josh and closure for Stone Shaper. But will she have the chance to do it when the killer she seeks now has his sights set upon her?

how do i get a wellness check on someone: If You Lived Here You'd Be Famous by Now Via Bleidner, 2021-08-10 If You Lived Here You'd Be Famous by Now is an insider's collection of funny and warmhearted stories about coming of age in the Los Angeles suburb famed for birthing the Kardashian-Jenners and the Bling Ring. For Via Bleidner, transferring to Calabasas High from the private Catholic school she's attended since second grade is a culture shock, not to mention absolutely lonely. Suddenly thrust into an unfamiliar world of celebrities, affluenza, and McMansions, Via takes a page from Cameron Crowe and pretends she's on a journalism assignment, taking notes on her classmates and jotting down bits of overheard gossip. Getting through high school in Calabasas is something else—from Kim Kardashian endorsing the students' favorite hidden lunch spot, to the theater program hiring a famous dog to play Elle Woods' Chihuahua in its production of Legally Blonde, and Kanye trying to take control of your school to make it the very first YEEZY institution. But instead of floating through high school detached from her peers, Via finds that putting herself out there—for her writing, of course—just might have been exactly what she needed. She unexpectedly finds an eclectic group of friends to call her own, including a multi-multi-millionaire, a wild-card throwback intent on going viral, a former Disney actor, and a doughnut-dealing madman. With wit, candor, and sharp observations, twenty-one-year-old Via grounds the surreal glamour of Calabasas with reflections on her own coming-of-age, sharing her teenage misadventures as she struggles to fit in, faces crushing social pressure, and eventually makes her own way.

how do i get a wellness check on someone: The Relationship Roadmap Dr. Amy Rucker, 2020-05-01 The Relationship Roadmap is a practical and insightful read that has simplistic tips that helps one navigate through the complexities of today's time. It gives intrinsic truths, principles, relevant, and actionable wisdom that is guaranteed to work.

how do i get a wellness check on someone: Animal-assisted Interventions Lori R. Kogan, 2023-12-14 This is a practical book exploring how to conduct animal assisted intervention (AAI) in ways that protect and prioritize animal and human welfare. This resource is for social scientists (e.g., psychology, social work, human development and family studies, etc.), as well as ethologists and animal behaviour and welfare students and practitioners. The book is a series of short chapters that depict a wide array of AAIs and their potential welfare concerns. The chapters include descriptions of the AAI offered, the welfare challenges, and ways to successfully mitigate these challenges. This book also covers critical topics including therapy animals' aging, retirement, and death as well as ethical issues including animal consent. Species include not only dogs, but horses, rabbits, and other small animals (e.g., guinea pigs, mice, etc.). Types of AAI involve individual interventions as well as crisis dogs (those who help after natural and man-made disasters), and residential animals. The book is designed to be a practical, engaging book with links to video and

examples of real-life situations. It is evidence-based, yet user-friendly and directly applicable to students and practitioners. An invaluable resource for ethologists and animal behaviour and welfare students and practitioners, as well as social scientists (e.g., psychology, social work, human development and family studies).

how do i get a wellness check on someone: Conard County: Hard Proof Rachel Lee, 2020-09-01 Something sinister is at work in Conard County. Former soldier and newbie deputy Candela "Candy" Serrano is assigned as a liaison to Steve Hawks, the handsome host of TV's Ghostly Ties. She's skeptical of Steve's purposes, since chasing supernatural shadows isn't Candy's idea of police work—until some very real killings start occurring around town. Suddenly, Candy and Steve find themselves struggling to track down who's behind these vicious crimes...and how far they'll go to keep long-buried secrets from surfacing. New York Times Bestselling Author

how do i get a wellness check on someone: *Between a Flock and a Hard Place* Donna Andrews, 2024-08-06 Readers will flock to New York Times bestselling author Donna Andrews's next installment in the award-winning Meg Langslow series. Meg's neighbors, the Smetkamps', have won a makeover for their old home from Marvelous Mansions, a flashy, yet dubious company, focused on making historic homes more modern. The company already several days into its makeover of the Smetkamps' house, and tensions are running high—not only between the officious, demanding Mrs. Smetkamp and her neighbors, but also between her and the renovation crew. Meg, who is trying to keep the peace and prevent the makeover crew from trampling on every clause of the county's building code, arrives at the Smetkamps to find that Caerphilly's resident flock of feral turkeys has moved into their yard—or been relocated there by someone who wanted to cause them trouble. The turkeys are huge, territorial, cranky and aggressive - and impossible to move! Meg does what she can to calm down the irate neighbors and help the makeover crew make progress in spite of the turkeys. She comes up with a plan to gather a group of turkey wranglers to snatch them early in the morning. But when they arrive, they find the body of Mrs. Smetkamp in her backyard. Someone stabbed her, and then tried to make it look as if she was attacked by one of the turkeys, but Meg, the Chief, and the Sheriff are not fooled. Together, they must figure out what really happened to Mrs. Smetkamp...and what to do with all these turkeys!

how do i get a wellness check on someone: *Indictment* Benjamin Perrin, 2023-08-31 Based on first-hand interviews with survivors, people who have committed offences, and others on the frontlines, *Indictment* puts the Canadian criminal justice system on trial and proposes a bold new vision of transformative justice. #MeToo. Black Lives Matter. Decriminalize Drugs. No More Stolen Sisters. Stop Stranger Attacks. Do we need more cops or to defund the police? Harm reduction or treatment? Tougher sentences or prison abolition? The debate about Canada's criminal justice system has rarely been so polarized – or so in need of fresh ideas. *Indictment* brings the heartrending and captivating stories of survivors and people who have committed offences to the forefront to help us understand why the criminal justice system is facing such an existential crisis. Benjamin Perrin draws on his expertise as a lawyer, former top criminal justice advisor to the prime minister, and law clerk at the Supreme Court of Canada to investigate the criminal justice system itself. *Indictment* critiques the system from a trauma-informed perspective, examining its treatment of victims of crime, Indigenous people and Black Canadians, people with substance use and mental health disorders, and people experiencing homelessness, poverty, and unemployment. Perrin also shares insights from others on the frontlines, including prosecutors and defence lawyers, police chiefs, Indigenous leaders, victim support workers, corrections officers, public health experts, gang outreach workers, prisoner and victims' rights advocates, criminologists, psychologists, and leading trauma experts. Bringing forward the voices of marginalized people, along with their stories of survival and resilience, *Indictment* shows that a better way is possible.

how do i get a wellness check on someone: *The Father Tom Mysteries: Books 10-12* J. R. Mathis, Susan Mathis, 2022-06-24 Enjoy this Contemporary Small Town Amateur Sleuth Mystery Boxset This is a collection of the final three books in The Father Tom Mysteries. The Haunted Heritage (Book 10)--Excitement is building as the opening of the Acutis Society's Fairy Tales and

Frights haunted house approaches. The members of Saint Clare's gaming group have worked hard to transform the interior of the Myer Mansion into something both magical and scary to entertain the families of Myerton as Halloween approaches. But does an actual ghost walk the halls of the 170 year old house? The Fatal Fall (Book 11)--Is stolen money buried somewhere on the campus of Myer College? A newspaper article by Nate prompts a frenzied hunt for the ill-gotten gain. But when a hundred year old skeleton is found buried in a gorge, Father Tom and Helen try to solve a mystery hidden in the mists of time. The Father's Family (Book 12)--After months of waiting, the time has finally arrived. The day after Christmas, Helen and I will marry. We've survived temptation, gossip, and a bullet meant to end the life of the woman I love. But are we going to survive the next four weeks? The Father Tom Mysteries, Books 10-12 is the fourth book in The Father Tom Mysteries Boxsets, a contemporary small town mystery series. It features Father Tom Greer, a Catholic Priest who is also an amateur sleuth in the tradition of Father Brown. If you enjoy the works of Rhys Dylan, Andrew Mayne, and Mary Stone, you will enjoy this novel.

how do i get a wellness check on someone: *Fast Guy Slows Down* Wred Fright, 2022-03-17 Superman was first published in 1938, so how come he still looks to be about 25 years old in the stories set in 2022? Ditto for all the other superheroes from The Golden Age Of Comics still being published today. Why isn't Captain America collecting Social Security? Why isn't The Flash using a walker to get around? Why isn't The Human Torch complaining about his hip replacement? Why isn't Wonder Woman deciding what Medicare plan she wants? Why isn't Batman retired? Why isn't Plastic Man stretching his dollars to afford his nursing home bills? Why isn't The Green Lantern The Green Flashlight by now? Er, never mind about that last question. But the answer to the other ones is money. As long as the corporate comics companies can milk money out of them, these characters will be kept forever young, aside from the occasional imaginary story or whatnot. But in stunting their growth, only half the story gets told. What does happen when a superhero ages with the times and eventually becomes elderly? What's so super about getting old? Well, it probably beats being dead. Just ask Bucky. Er, never mind. Anyway, leave it to one of America's worstselling authors who hasn't given up yet to venture in and tell the rest of the superhero story. In the case of Harry Fox, the superhero known as Fast Guy, he finds he can't outrace time or death. His worst foe though is an existential crisis brought on by saving the world numerous times only to have it result in a shallow, selfish place populated mainly by morons and jerks, and sometimes even moronic jerks and jerky morons. Living alone in his old ranch house in a town filled with new McMansions, he is wondering what to do with himself and worrying about what will happen to the world when he is gone. And the reader is left wondering if Harry is really a superhero. Although he claims he's saved the world more times than he can remember from nuclear annihilation, he delights in pooping on world leaders, which sounds more like a supervillain, or, at the very least, a person with issues than it does a superhero. Or maybe he's just a lonely old man with a very active imagination. In a world less than super, can a senior citizen still be a hero? Find out in *Fast Guy Slows Down*!

how do i get a wellness check on someone: Policing Mental Health Laura Huey, Jennifer L. Schulenberg, Jacek Koziarski, 2022-02-01 This brief addresses the question of the various ways in which mental health-related issues have become police responsibility. It provides a detailed understanding of the myriad of ways in which police are often called upon to be the primary responder to mental health-related issues, well beyond the standard media images of individuals in extreme crisis. Drawing upon the results of two separate ethnographies of police practices in Canada, this volume examines how public policing has become entangled in cases of persons with mental illness (PMI). It examines two aspects of the police role and mandate that brings police officers into contact with individuals dealing with mental health disorders: public safety, and crime prevention and response. It explores police perceptions towards the roles they play in the lives of PMI, and police demands in these types of calls for service that have transformed aspects of public policing. Appropriate for policing researchers, law enforcement and public policymakers, this book presents the argument that tackling this matter requires knowledge of police involvement in situations with PMI, as well as a set of evidence-based policy options that will not generate

additional resource or other strains.

how do i get a wellness check on someone: Blood and Water L.J. Breedlove, 2023-05-09 Is Blood Really Thicker than Water? Life is good. Mac Davis, a former Marine, is now a cop reporter for the Seattle Examiner. He's had stories nominated for the Pulitzer Prize. He has a reputation as a hard-nosed reporter, and a good man to have at your back when trouble comes knocking. And even Mac admits, around him, trouble usually does. He has a career, a girlfriend, even a house. He has friends. He belongs. But his past is knocking on the door. His cousin calls in a favor. Fourteen years ago, Toby took the fall for a car theft leaving Mac free to go into the Marines. And now? He needs Mac. Needs him badly. A news clip out of Mexico shows a young man running from a burning building — and he wears Mac's face. So much so, people called to find out what he was doing in Mexico. It's his first lead to his father's family. Exactly what do you owe the past? Mac Davis is about to figure that out. Book 5 in the Mac Davis thrillers — stories about a cop reporter who struggles to believe the pen is really mightier than the sword. But just in case? There's a Glock stashed in his backpack along with a notebook and pen.

how do i get a wellness check on someone: Paths to Wellness Lawrence A. Ellerby, Canada. Solicitor General Canada, Canada. Aboriginal Corrections Policy Unit, Native Clan Organization, 2000 The process of healing -- Ways of teaching and healing -- Punishment & reintegration -- Community reintegration -- Challenges and difficulties of incarceration & community reintegration -- The helpers and healers -- the role of women in addressing sexual abuse and healing -- Unhealthy Elders and healers -- The stressors associated with helping people heal and caring for the care-givers.

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