

how to call a wellness check

How to Call a Wellness Check: A Comprehensive Guide

Feeling concerned about a loved one? Worried about their well-being but unsure how to approach the situation? Knowing how to initiate a wellness check can be crucial in ensuring their safety and providing needed support. This comprehensive guide will walk you through the process, from understanding when a wellness check is necessary to navigating the different ways you can request one, ensuring you're equipped to handle the situation with confidence and care. We'll cover everything from informal check-ins to formal requests with law enforcement, providing practical advice and resources to help you. Let's dive in.

Understanding When a Wellness Check is Necessary

Before we delve into how to call a wellness check, let's first clarify when it's appropriate. A wellness check isn't just for emergencies; it's a proactive measure you can take when you have genuine concerns about someone's safety and well-being. These concerns might stem from:

Lack of Contact: If you haven't heard from a loved one in an unusually long time, and this is out of character, a wellness check is warranted.

Unusual Behavior: Changes in behavior, such as increased isolation, erratic mood swings, or unusual statements, could indicate a need for intervention.

Health Concerns: If you know someone is struggling with a health issue and you haven't been able to reach them, a wellness check is essential. This is especially true for elderly individuals or those with chronic illnesses.

Suicidal Thoughts or Self-Harm: If you suspect someone is experiencing suicidal ideation or considering self-harm, immediate action is critical. This requires contacting emergency services.

Suspicious Circumstances: Unusual activity or circumstances surrounding your loved one's situation might necessitate a wellness check.

It's important to remember that erring on the side of caution is better than regretting inaction. If you have even a slight concern, it's worth investigating.

How to Perform an Informal Wellness Check

Before involving authorities, consider attempting an informal wellness check. This involves reaching out to the individual directly through various methods:

Phone Call: The simplest approach is a phone call. If they don't answer, leave a message expressing your concern and asking them to call you back.

Text Message: A text message might be better received by some individuals who prefer less direct communication. Keep your message brief and reassuring.

Visit in Person: If you live nearby, a personal visit can be the most effective way to assess the situation firsthand. However, always prioritize your safety and consider bringing someone with you if you feel uneasy.

Reach Out to Mutual Friends or Family: If you are unable to contact the individual directly, reach out to mutual friends or family members who might be able to check on them.

How to Request a Formal Wellness Check

If informal attempts are unsuccessful or your concerns are serious, you might need to request a formal wellness check through law enforcement. This usually involves:

Contacting Local Law Enforcement: Call your local police department's non-emergency number. Be prepared to provide the individual's name, address, phone number, a description of the situation, and any other relevant information.

Providing Specific Details: The more information you can provide, the better equipped law enforcement will be to assess the situation and take appropriate action. This includes any recent unusual behavior, medical conditions, and any potential risks.

Being Prepared to Answer Questions: The dispatcher will likely ask you questions to gather more information. Remain calm and answer clearly and concisely.

Following Up: After you've made the request, follow up with law enforcement to check on the status of the wellness check.

Handling the Situation After Requesting a Wellness Check

Once you've initiated a formal wellness check, remember that you might not receive immediate updates. Law enforcement has procedures to follow, and you must be patient and understanding.

Be Patient: The response time can vary depending on the urgency of the situation and the availability of resources.

Provide Further Information If Requested: Law enforcement might contact you for additional details or clarification. Cooperate fully and provide any information you can.

Consider a Support System: Dealing with these types of situations can be stressful. Lean on your support system for emotional support and guidance.

Resources and Further Help

If you are consistently worried about a loved one's well-being, consider these resources:

National Alliance on Mental Illness (NAMI): Provides support and resources for individuals and families affected by mental illness.

The Suicide Prevention Lifeline: A confidential, toll-free hotline providing support for individuals in distress.

The Crisis Text Line: Provides confidential support via text message.

Conclusion

Knowing how to call a wellness check is a valuable skill, allowing you to proactively address concerns about a loved one's well-being. Whether it's an informal check-in or a formal request with law enforcement, understanding the process and resources available empowers you to take action and make a positive impact. Remember, reaching out is a sign of care, and prioritizing someone's

safety is never a waste of time.

FAQs

1. What if the person refuses a wellness check? While law enforcement can't force someone to accept a check unless there's clear evidence of immediate danger, their presence can still be helpful in assessing the situation and offering support.
1. Are there any costs associated with requesting a wellness check? Generally, requesting a wellness check through law enforcement is free of charge.
1. What if I'm unsure if a wellness check is necessary? It's always better to err on the side of caution. If you have any concerns, it's worthwhile contacting your local authorities to discuss the situation.
1. What information should I avoid providing during a wellness check request? Avoid speculation or assumptions. Stick to factual information and observable behaviors.
1. Can I remain anonymous when requesting a wellness check? While some agencies might allow for some anonymity, it's usually beneficial to provide your contact information so law enforcement can follow up and provide updates. Discuss this with the dispatcher.

how to call a wellness check: *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 to call a wellness check: Roll Call Bobby Kipper, Joe St. John, 2021 Written by two seasoned law enforcement professionals, Bobby Kipper and Joe St. John, *Roll Call* is a Christian Spiritual Guide for other law enforcement professionals. Police work is a stressful and often dangerous job that puts a burden on the individual that most people will never understand. It also forces the police officer to see the world in a very real light and that light is not always positive. Kipper and St. John understand the challenges to staying spiritual in an often-harsh world. It is easy to lose focus on a loving and caring God in the midst of turmoil. It is easy to lose hope when a person sees so much hopelessness. *Roll Call* is as an easy-to-carry book that an officer can read in these troubling times. During a break from all the chaos, the officer can read a quick chapter and refocus on a loving God and the peace of Jesus. *Roll Call* is a “no-nonsense” book that places the Christian Faith in the forefront of the officers’ lives. In these drastic times of today and with the problems facing law enforcement, there is no better time for the faith community to have a police “Roll Call.”

how to call a wellness check: That's a Pretty Thing to Call It Leigh Sugar, 2023-10-03 Frank, eye-opening writing by arts in corrections educators Poetry and prose by artists, writers, and activists who’ve taught workshops in U.S. criminal legal institutions, including acclaimed writers Ellen Bass, Joshua Bennett, Jill McDounough, E. Ethelbert Miller, Idra Novey, Joy Priest, Paisley Rekdal, Christopher Soto, and Michael Torres; the late arts in corrections pioneers Buzz Alexander and Judith Tannenbaum; and Guggenheim Award-winning choreographer Pat Graney. These educators demonstrate a diverse range of experiences. Among the questions they ask: Does our work support the continuation or deconstruction of a mass incarcerating society? What led me to teach in prison? How do I resist the “savior” or “helper” narrative? A book for anyone seeking to understand the prison industrial complex from a human perspective. All author royalties from this book will be donated to Dances for Solidarity, a project that brings arts opportunities to people incarcerated in solitary confinement.

how to call a wellness check: They Call Me Picky That Do Talk of Me Cynthia Lauri, 2016-08-26 Cynthia Lauri shares her story of her lifelong battle with weight that impacted her life on every level and eventually led to a mental breakdown. Now in her sixties she reflects on the tragic reality that she kept putting her life on hold until she could get thin enough to live it the way she dreamed it could be. A cautionary tale to anyone else waiting to be thin before they can begin living their life.

how to call a wellness check: 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 to call a wellness check: *If You Can't Quit Cryin', You Can't Come Here No More*

Betty Frizzell, 2021-03-16 On May 12, 2013, 48-year-old Vicky Isaac of rural Puxico, Missouri—a woman with a history of learning disabilities, traumatic brain injuries, and drug addiction—loaded a .22 caliber handgun and shot her violent addict husband while he slept in the trailer they shared with Vicky's adult son. Or did she? According to police reports, Vicky called 911 and confessed to the crime. Was this another sad case of murder amongst addicts or something more? Betty Frizzell escaped her family's legacy of crime, addiction, and abuse to become a respected law enforcement officer and teacher. Drawn back to the town and people of her past, Betty works to uncover the truth of murder and her family's history of violence. Her investigation uncovers sad realities about mental illness, small-town politics, and a society that doesn't care about "poor, white trash". There are never easy answers when the odds are stacked against you and no amount of "elegies" will save your family.

how to call a wellness check: *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 to call a wellness check: *Say Their Names: 101 Black Unarmed Women, Men and*

Children Killed By Law Enforcement Campaign Justice, 2020-12-09 BLACK HISTORY MONTH SPECIAL - \$12.99 -> \$0.99 until February 13 only. Black. Lives. Matter. Not more, and definitely not less. Why is a statement about lives having value, controversial? As SNL's Michael Che stated, Black Lives Matter. Just Matter. George Floyd's murder was as shocking as it was common. In fact, there is an entire museum in Montgomery, Alabama, dedicated to 4,400 lynching victims. But, the sad truth is, 4,400 were only the reported ones. And, if you look into the statistics, many of the lynchings were perpetrated by, or sanctioned by law enforcement. This compilation of lost lives is more of an encyclopedia and serves as a record for the 101 deaths of unarmed people of color attributed to law enforcement. From Tamir Rice to Breonna Taylor, Ahmaud Aubrey to James Earl Chaney; many you have heard about, and many you have not. We document who they were as people, the details surrounding their deaths, as well as if there were any arrests or convictions of officers involved. Unfortunately, this is an incomplete record, but an important reminder just the same. We owe them that much.

how to call a wellness check: *Successfully Navigating Your Parents' Senior Years* Star

Bradbury, 2023-03-21 No matter your parents' age or stage of life, this comprehensive guide walks you step-by-step through developing a flexible, proactive plan that will allow you to make the most informed decisions for your parents' well-being—and your own. Millions of Americans are in an active caregiver role or will be in one in the future, yet few have a solid plan for the inevitable challenges of aging. Whether your parents are in their 60s or their 90s, and whether they have years of health ahead of them or already need more support, *Successfully Navigating Your Parents' Senior Years* provides the framework and information you need to prepare for and handle with confidence the changes to come. The responsibility of caring for an aging loved one is often daunting—and when trouble hits, the sudden barrage of questions you face can be overwhelming. Have your parents executed their Advance Directives? Do you know what to look for in a senior community (and how to ensure a spot is available when you need it)? If your parents want to stay in their home, what can you do to ensure their safety? Certified aging life care specialist and CEO of Senior Living

Strategies Star Bradbury draws on her 25 years of experience in senior living to bring you an up-to-date, comprehensive guide to navigating the tricky waters ahead—starting with putting a plan in place now that maximizes your parents’ independence while providing them with the support they need. *Successfully Navigating Your Parents’ Senior Years* covers: How to bring up sensitive topics with your aging parents Steps you can take to keep your parents safely independent in their own homes for longer Red flags that indicate your parents may need more help Senior living options and the key questions to ask in choosing any kind of retirement community Alternative living arrangements to consider for aging parents, such as senior roommates, cohousing, and/or niche retirement communities How to get help paying for your parents’ medical care (you have more options than you think!) Legal and financial documents to have on hand in case of a sudden medical emergency Insider tips, helpful checklists, and more Don’t wait for a crisis to begin planning for the future. *Successfully Navigating Your Parents’ Senior Years* is an indispensable blueprint that will give you the tools and knowledge you need to advocate for your parents when they need you most.

how to call a wellness check: Wrangling the Rancher Jeannie Watt, 2017-09-01 It’s a thin line between aggravation and...attraction! She was definitely not part of Cole Bryan’s lease agreement. The rented farm is Cole’s only chance for peace and quiet...until his landlord’s gorgeous, city-livin’ granddaughter, Taylor Evans, shows up looking for a place to stay. With nowhere else to go, Taylor isn’t taking his “no” for an answer. Cole plans to wait her out. Taylor’s obviously not made for rural life, and she can’t get out of Montana soon enough. But he never counted on her grit and determination—or the unexpected pull between them. Now the only way Cole can keep to himself is by compromising his heart...

how to call a wellness check: Harlequin Superromance September 2017 Box Set Jeannie Watt, Nadia Nichols, Kristina Knight, Janet Lee Nye, 2017-09-01 Harlequin® Superromance brings you a collection of four new novels, available now! Experience powerful relationships that deliver a strong emotional punch and a guaranteed happily ever after. This Superromance box set includes: *WRANGLING THE RANCHER* The Brodys of Lightning Creek By Jeannie Watt Taylor Evans is living on her grandfather’s farm. Temporarily. She can’t wait to get back to a big-city job, and Cole Bryan, the rancher leasing the property, clearly wants to be left alone. So why does she find him so intriguing? *MONTANA UNBRANDED* Home on the Ranch By Nadia Nichols DEA agent Joe Ferguson believes it’s safer to remain free and unattached. Until he meets Dani Jardine. Dani’s passion for wild horses is contagious, and when these animals are in danger, Joe helps this strong woman protect them. Then the stakes get higher in a showdown with a mob boss, forcing Joe to take stock of how he’s living his life and who he wants to share it with. *BREAKUP IN A SMALL TOWN* A Slippery Rock Novel By Kristina Knight When Adam Buchanan rushed in to rescue children trapped in a day-care center during a tornado, he never imagined that his selfless act could cost him the family he holds most dear. But he’s about to learn a whole lot more about true courage *THE LITTLEST BOSS* The Cleaning Crew By Janet Lee Nye Tiana Nelson—the woman DeShawn Adams never forgot—is back. He wants to get closer to the ER nurse and her adorable daughter, but after a surprise visit reminds him that he can’t bury the past, he has to make the choice of a lifetime. Look for 4 compelling new stories every month from Harlequin® Superromance!

how to call a wellness check: Lake Bittersweet Jennifer Bernard, 2024-05-09 In Lake Bittersweet, true love can be found where you least expect it... *THE REBOUND* Firefighter Jason Mosedale doesn’t take anything seriously except fires—not even himself. But if he wants to catch the attention of gorgeous Kendra, he’s going to have to prove that he’s more than the charming town heartthrob. So what if they’re both on the rebound? As long as they agree it’s just for now, no one will get hurt. But that’s the thing about a rebound...you never know where it’s going to end up. *THE CRUSH* Out in the forest, wilderness guide Galen Cooper’s skill is legendary. But put him anywhere near fourth-grade teacher Brenda McMurray and he can barely remember how to speak. But when a local’s last request sends the two of them on a wilderness adventure, their chemistry is combustible. Can a mountain man and a teacher have a future? Maybe, if a simple crush can change two lives forever. *THE DO-OVER* Baseball star Billy Cooper’s marriage might have crashed and burned, but

he's knocking it out of the park when it comes to co-parenting. Jenna agrees; she couldn't ask for a better ex. But that's where it ends. Right? When a winter storm buries Lake Bittersweet, suddenly things get real for Billy and Jenna. Can two exes who never really fell out of love find their way back to each other for the ultimate do-over? THE WINTER WISH Baking cookies, sledding, building snow forts...these are the things trauma nurse Annika Scarlett should be doing as Christmas nears. Instead, she's in a hospital. With billionaire and single dad Brent Caldwell by her side. All Brent wants for Christmas is for her to recover. Well, maybe a little more than that. Between storms, emergencies, and the ghosts of Christmas past, it'll take a miracle for his wishes to come true. Good thing it's that time of year.

how to call a wellness check: Happy at Any Cost Kirsten Grind, Katherine Sayre, 2023-03-14 From award-winning Wall Street Journal reporters, "a startling portrait of one of our greatest tech visionaries, Zappos CEO Tony Hsieh" (Robert Kolker, author of Hidden Valley Road), reporting on his short life, untimely death, and what that means for our pursuit of happiness. Tony Hsieh—CEO of Zappos, Las Vegas developer, and beloved entrepreneur—was famous for spreading happiness. He lived and breathed this philosophy, instilling an ethos of joy at his company, outlining his vision for a better workplace in his New York Times bestseller Delivering Happiness. He promoted a workplace where bosses treated employees like family members, where stress was replaced by playfulness, and where hierarchies were replaced with equality and collaboration. His outlook shaped how we work today. Hsieh also aspired to build his own utopian cities, pouring millions of dollars into real estate and small businesses, first in downtown Las Vegas, Nevada—where Zappos is headquartered—and then in Park City, Utah. He gave generously to his employees and close friends, including throwing notorious Zappos parties and organizing gatherings at his home, an Airstream trailer park. When Hsieh died suddenly in late 2022, the news shook the business and tech world. Wall Street Journal reporters Kirsten Grind and Katherine Sayre discovered Hsieh's obsession with happiness masked his darker struggles with addiction, mental health, and loneliness. In the last year of his life, he spiraled out of control, cycling out of rehab and into the waiting arms of friends who enabled his worst behavior, even as he bankrolled them from his billion-dollar fortune. Happy at Any Cost sheds light on one of our most creative, yet vulnerable, business leaders. It's about our intense need to find "happiness" at all costs, our misguided worship of entrepreneurs, the stigmas still surrounding mental health, and how the trappings of fame can mask all types of deeper problems. In turn, it reveals how we conceptualize success—and define happiness—in our modern age.

how to call a wellness check: The Doppelgangers David Ray, 2016-05-26 In September of 2006, David Blue and his girlfriend Deanne Rae Byrd witnessed horrifying and haunting occurrences at their farm in Port Clinton, Ohio, which challenged their reasoning and logic. They were joined by some unwelcomed and harmful guests, which resulted in David being committed to a psychiatric hospital for six months. David is ready to be released from the hospital—but not from the nightmares that landed him there in the first place. Vowing never to return to the family farm in Port Clinton, David and Deanne are unavoidably pulled back by dark forces. They will not be alone, because joining them is a man in a ballerina's tutu, and sneakers wearing a clown's mask. At the farm, the couple also finds a strange little teddy bear and a horde of creepy little kids. In the meantime, people are disappearing, all the way from Columbus to Port Clinton. A skeleton key with a red ribbon drives a group of strangers to David's farm. What these strangers can't anticipate is the horror that awaits them.

how to call a wellness check: Crossing Paths Violet Howe, 2019-04-13 When Caterina Russo wakes from her coma, she's certain she must be dreaming. How else would she be seeing the love of her life at her bedside thirty-six years after they parted without him knowing about the child she carried? But when her next visitor is that daughter she was forced to give away, Cat realizes it's no dream. The two people she has loved most have returned to her, and the time has come to face the past she's been running from her entire adult life. As the families involved adjust to the shock of the new relationships, Cat attempts to forge a bond with the daughter she never knew and to reconnect with the man she's never forgotten. Will either of them be able to forgive Cat for the decisions she

made to protect them? And if they do, will Cat ever be able to forgive herself? Welcome to Cedar Creek! This heartwarming second-chance Seasoned Romance is the second volume in Cedar Creek Families, a collection of stories about the people who live, love, and laugh in the small town of Cedar Creek.

how to call a wellness check: 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 to call a wellness check: Autopsy Patricia Cornwell, 2021-12-01 Scarpetta is back! In this twenty-fifth in the electrifying, landmark #1 bestselling thriller series chief medical examiner Dr. Kay Scarpetta hunts an ingenious killer who has mastered cutting-edge science for the most nefarious ends. Forensic pathologist Kay Scarpetta has returned to Virginia as the chief medical examiner. She and her husband Benton are headquartered five miles from the Pentagon, in a post-pandemic world that's been torn apart by civil and political unrest. Just weeks into the job, Scarpetta is called to investigate a woman's body which has been shockingly displayed on railroad tracks. As Scarpetta follows the trail, it leads unnervingly close to her own neighbourhood... At the same time, two scientists are found dead in a top-secret laboratory in outer space. Scarpetta is summoned to the White House Situation Room and tasked with finding out what happened. But even as she's working the first crime scene in space from the ground, an apparent serial killer strikes again. And this time, Scarpetta could be in greater danger than ever before... In this latest novel in her groundbreaking Kay Scarpetta series, Patricia Cornwell captivates readers with the shocking twists, high-wire tension, and forensic detail that she is famous for, proving once again why she's the world's #1 bestselling crime writer.

how to call a wellness check: Where Monsters Hide M. William Phelps, 2020-02-25 An unexplained disappearance spirals into an unrelenting murder mystery. In October 2014, local Michigan police chief Laura Frizzo faced a perplexing missing-person case. It was not like Chris Regan, a devoted father and dependable employee, to take off without explanation. When Frizzo learned Chris was having an affair with Kelly Cochran, a married co-worker, suspicion fell on Kelly's hulking husband, Jason. Soon after that the Cochrans abruptly moved to Indiana. Sixteen months later, Jason Cochran died from a drug overdose. Friends and family rallied around the grieving Kelly. But when the coroner ruled Jason's death a homicide, no one reacted more bizarrely than his widow. Detectives tried to put Kelly's past into focus. But the horrific truth was hidden under a near-perfect patchwork of lies. Veteran investigative journalist M. William Phelps expertly reveals Kelly Cochran's staggering saga of murder, revenge, and payback. "Anything by Phelps is an eye-opening experience." —Suspense Magazine "Phelps knows how to work it." —Marilyn Stasio, The New York Times Book Review "Master of true crime." —Real Crime magazine

how to call a wellness check: Back Bay Murders Andrew Bonar, 2019-04-22 Part of him longed for it to happen. What would the media call him? Killer of the Charles? Murderer on the Charles? The Back Bay Murderer? How many more could he kill before they caught on? Year after year, there was nothing on TV besides, "Another accidental drowning on the Charles." At only sixteen, Jack finds himself in an ultimatum—join a clandestine organization or be turned in to the police. While the organization upholds a strict code of conduct, Jack can't fight his sociopathic urges, a reason the organization picked him up in the first place. On the other side of the Charles, Drew, a gritty, discreet private investigator, is hired to probe into the drowning of a young man. Upon examining the young man's body at the Boston morgue, he discovers someone else is interested in John Doe 2199—Ashley Tinder. Drew realizes there's something deeper going on than just a series of murders as he untangles Ashley's involvement. Intricate and hard-hitting, Back Bay Murders is an essential crime novel to add to your collection. Bonar will have you cringing—but in that "I can't look away" sense only a great thriller can produce. ~Alex Melone, TypeRightEditing.com

how to call a wellness check: The I of Me© Niqqi, 2017-10-20 Through the process of self-analysis and self-compassion, it is possible to heal years of compounded trauma and 'baggage'. It is a natural process to respond to traumas by storing emotional baggage by repressing hurtful memories. It is normal to expect the worst in an effort to self-preserve. This negative expectation leads to long-term faulty thinking; and eventually subconscious self-destruction through learned helplessness. Niqqi has spent a decade studying trauma and its effects. There is no escaping trauma through denial. When we attempt to do so, we bury them and give them control over our minds, bodies, souls, and hearts. Niqqi lived for years as a survivor of compounded trauma - in denial. She viewed herself as successful. Her favorite line was: "I don't look like what I've been through!" She had no idea she looked exactly like what she had been through - internally. She began to take analysis of herself. She learned that her past traumas were buried inside of her psyche, controlling every aspect of her life. Her family lived in extreme poverty when she was young. She was kidnapped at the age of ten. She experienced physical and mental abuse, as well as neglect, throughout her childhood. She married an abusive man who held her hostage for hours and attempted to take her life. Through self-awareness and self-compassion, she learned how to face trauma head-on in an effort to minimize its effects. In order to conquer trauma we have to go through it; not over it, not around it, and not under it - but straight through it. Niqqi no longer views herself as a victim who survived and became a survivor. She is a Thrive-or! Through self-analysis and self-compassion, learn how to minimize and eliminate baggage by discovering The I of YOU!

how to call a wellness check: People of the State of Illinois V. Leach , 2010

how to call a wellness check: Age Below Bonnie Stuart, 2021-04-01 This book is a continuation of "Age Below". It's about 10 teenagers who bombed Chicago. Tortured and killed their parents then flew to Boston. Where their lives changed completely, getting arrested was just the beginning. The 2 couples were married and happy but will it stay that way? Meanwhile in Chicago bodies were popping up in the rubble at the crime scene. See their lives unfold before your eyes. Happy reading.

how to call a wellness check: New Joy Kimona, 2023-02-13 Time ...Space...Opportunity and Life in general put young love on hold. Imagine those same factors bringing you back together. Adara Michelle Williams was a sought out gospel soloist on the church circuit engaged to up and coming preacher Henry ClayboUrne. They were destined to be the next ministerial power couple of the west coast. Her complete world turned around when Henry's criminal activity, infidelity and indiscretions were announced . Her hurt and embarrassment caused by the church gossip sealed her decision to move her California life back to New Joy with her grandparents the Bailey's. .In the sleepy town of New Joy, she knew she could lick her wounds and hide from judgmental eyes. To her surprise, meeting the new pastor of New Joy church only dredged up old memories. Pastor Michael Mike Mc Neal and his little girl Mikayla were new to the sleepy little town of New Joy. His main goin is to make subtle changes in the sleepy town because he is and always was unconventional. He's taken the role of Pastor head on. He's just become engaged to Delia, one of the prominent women in

the church and the community. He's adopted the Bailey family as his own . But a holiday visit to his parishioners proves that everything in New Joy isn't so sleepy or conventional as it may seem Seeing his first love for the first time in over a decade reminds him of why he became the man he is today. Will Mike and Adara's past wake up the sleepy town?

how to call a wellness check: Family Guide to Mental Illness and the Law Linda Tashbook, 2019 Family Guide to Mental Illness and the Law offers the nuts-and-bolts legal information and problem-solving steps families need. This accessible resource explains how common legal issues uniquely impact people with various forms of mental illness and what family members can do to help.

how to call a wellness check: Webs of Deceit Ms. Gypsy, 2024-01-30 About the Book Circumstances and chance encounters intertwine lives that eventually clash together, unraveling webs of deceit. Pressure and time always uncovers dishonesty and lies.

how to call a wellness check: Women, Consumption and Paradox Timothy de Waal Malefyt, Maryann McCabe, 2020-04-23 Women are the world's most powerful consumers, yet they are largely marketed to erroneously through misconceptions and patriarchal views that distort the reality of women's lives, bodies, and work. This book examines the contradictions and mismatches between women's everyday experiences and market representations. It considers how women themselves exhibit paradoxical behaviour in both resisting and supporting conflicting messages. The volume emphasizes paradox as a form of agency and negotiation through which women develop dialogical meanings. The contributions highlight the ways in which women transform inconsistencies and contradictions in advertising and marketing, global consumption practices, and material consumption into positive practices for living. The rich range of ethnographic accounts, drawn from countries including the United States, Brazil, Mexico, Denmark, Japan, and China, provide readers with a valuable perspective on consumer behaviour.

how to call a wellness check: The Rebound Jennifer Bernard, 2023-06-27 This summer at Lake Bittersweet is going to be a scorcher... Firefighter Jason Mosedale doesn't take anything seriously except fires—not even himself. With his lighthearted approach to everything from dating to raising his teenage sister, he loves his life just how it is. But if he wants to catch the attention of gorgeous Kendra, he's going to have to break out of his comfort zone and prove that he's more than the charming town heartthrob. Kendra Carter has always been an overachiever, which is why losing her business and her boyfriend in one swoop was so soul crushing. Now she's back home in good old Lake Bittersweet, running her father's restaurant and licking her wounds. If she isn't the big success everyone expects, who is she? Maybe what she needs is a sexy distraction in the form of a gorgeous fireman—even if she could never take Jason seriously. So what if they're both on the rebound? As long as they agree it's just for now, not forever, no one will get hurt. Between toxic exes, heroic rescues, and a teenager's secret, who has time for romance anyway? But that's the thing about a rebound...you never know where it's going to end up.

how to call a wellness check: Wellness Wake Up Call David J. Barczyk, 2014-06-24 With few exceptions, the human body is a self-healing organism that would function perfectly when given the things it needs, such as nutrition, exercise, and social and spiritual food. Most of the time, however, life gets in the way. The good news is that everyone has the chance to make right with physical, emotional, and spiritual needs and to live in a way that allows the body to function better. For those headed in the wrong direction, inaction is a choice. Reversing downward spirals to get life back on track requires each person to make a choice to live differently.

how to call a wellness check: The Dog Across the Lake Krista Davis, 2024-01-02 Holly and Trixie meet a strange new dog in Wagtail that leads them right into murder. . . . Holly Miller is looking forward to finally taking a few days to relax. Enjoying an early morning on her terrace, she spots an unfamiliar reddish-gold pooch across the lake. She's intrigued, but never expects to find the very same dog smiling at her in bed when she wakes up the next morning! Trixie and Twinkletoes appear to accept this cute stranger, but Holly doesn't know to whom he belongs. Oma thinks the dog looks familiar, and it turns out the wayward pooch belongs to Holly's cousin Josh. Holly knew her

cousin well as a child, but she hasn't seen him in over a decade. He's camping with his girlfriend across the lake. Holly returns the cute dog to Josh's campsite twice, but the second time, Josh and his girlfriend are nowhere to be found. Instead, a guest of the Sugar Maple Inn is dead in their tent. Now it's up to Holly and Trixie to suss out a sneaky killer.

how to call a wellness check: The Call of the Yukon William Stanley, 2023-11-29 The Call of the Yukon is comprised of two stories, both set in the late 1800's in the wilderness of Canada's far north. Rudy is the heart-warming story of a wolf cub abandoned by its mother, who is rescued from sure death when found by an Indigenous man named Steward. Initially rejected by Steward's sled dogs, Rudy grows into a strong animal the team learns to fear, eventually becoming the alpha male. Rudy's leadership is demonstrated during the annual Dawson City dogsled race, a high-spirited competition. This is a wilderness tale of a wolf who learns to place his trust in one man, until the call of the wild eventually beckons him to return to the forests of the Yukon, where he belongs. Quest for Gold and Fur is a fascinating tale about a young couple and their life together in the Yukon wilderness. Joe and Mary share their adventures in this heart-warming tale of survival in their adopted forest community. Read about how Rudy's short life ended after he followed his heart and returned to the wild. Experience an encounter between a black bear and a wolverine, fighting over who is going to eat Joe and Mary's pack animal. Follow the couple as they find riches hidden by old trappers in the most unlikely places. These two stories depict the courage and bravery of early fur-trappers in Canada's north, which will not to be easily forgotten by its readers.

how to call a wellness check: The Daley Show Forrest Claypool, 2024-09-10 "You have to have passion. You have to have honesty in office. You have to love the people." Those words summed up the outlook, if not always the actions, of Chicago Mayor Richard M. Daley. Elected to govern a city roiled by racial and economic crises, Daley adroitly wielded the tools of power in the rough-and-tumble world of Chicago politics. Under his rule, Chicago rebuilt a dying downtown, becoming a cultural and tourism mecca punctuated by construction of the iconic Millennium Park. To drive growth, he engineered a massive expansion of O'Hare Airport. To correct a historical injustice, he razed the city's notorious public housing high rises as part of a sweeping plan to transform the lives of the city's poorest residents. Yet corruption and graft, City Hall's role in calamities like the 1995 heat wave, and Daley's inaction in the face of evidence of police torture, tarnished his many accomplishments. A two-time Daley chief-of-staff, Forrest Claypool draws on his long career in local government to examine the lasting successes, ongoing dramas, and disastrous failures that defined Daley's twenty-two years in City Hall. Throughout, Claypool uses Daley's career to illustrate how effectual political leadership relies on an adept and unapologetic use of power--and how wielding that power without challenge inevitably pulls government toward corruption. A warts-and-all account of a pivotal figure in Chicago history, The Daley Show tells the story of how Richard M. Daley became the quintessential big city mayor.

how to call a wellness check: Conspiracy Norma A. Wyman, 2021-04-15 Two women, a generation apart in age, move into a small community in southeastern Vermont. The people in town are unsophisticated and kind. However, some have a secret that should never be revealed. Neither of these two women have any knowledge of their past. The older of the two, Jackie Patnode, is content with her day-to-day life and is not curious about her history. The younger, Carrie Franklin, has no knowledge of her life before she was four years old. She was a very difficult child who could never develop relationships with other children or the adults who entered her life. She still has this affliction. She cannot abide being touched. Carrie believes she may have lived in this town as a very small child. She hopes to learn about her life there and if events there caused her to have this distrust of people. She is less than candid with the townspeople about her reason for moving into their community. Carrie's landlady, Maggie Scranton, is determined that she meet people from town, especially those her own age. The people Carrie meets will have a significant impact on her life, both positively and negatively. One person watches Carrie's every move. If she learns too much about her past, she will not be allowed to live. 1

how to call a wellness check: When Demons Float Susan Thistlethwaite, 2019-09-27 Kristin

Ginelli, Chicago-cop-turned-religion-professor, is horrified when her new Muslim faculty colleague is targeted with a hate crime by self-styled white supremacists. She investigates, wading into the disgusting waters of white supremacist hate online. She is stunned to learn how young people and adults are being tempted into hate and violence on the Internet. As she teaches her religion classes, she comes to realize this is what philosophers and theologians have meant by the demonic. In this kind of extremism, hate rises to the surface and it is hard to keep it down. When a student is killed, and Kristin is threatened, she has to cut through the university's stalling and what looks increasingly like corruption in the Chicago police and Immigration and Customs Enforcement (ICE) to find the killers and try to stem the tide of hate.

how to call a wellness check: *Abolish Social Work (As We Know It)* Craig Fortier, Edward Hon-Sing Wong, MJ Rwigema, *Abolish Social Work (As We Know It)* responds to the timely and important call for police abolition by analyzing professional social work as one alternative commonly proposed as a ready-made solution to ending police brutality. Drawing on both historical analysis and lessons learned from decades of organizing abolitionist and decolonizing practices within the field and practice of social work (including social service, community organizing, and other helping fields), this book is an important contribution in the discussion of what abolitionist social work could look like. This edited volume brings together predominantly BIPOC and queer/trans* social work survivors, community-based activists, educators, and frontline social workers to propose both an abolitionist framework for social work practice and a transformative framework that calls for the dissolution and restructuring of social work as a profession. Rejecting the practices and values encapsulated by professional social work as embedded in carceral and colonial systems, *Abolish Social Work (As We Know It)* moves us towards a social work framework guided by principles of mutual aid, accountability, and relationality led by Indigenous, Black, queer/trans*, racialized, immigrant, disabled, poor and other communities for whom social work has inserted itself into their lives.

how to call a wellness check: *Practicing Psychotherapy* Linda L. Chamberlain, 2020-11-29 In this book of lessons learned from working as a psychotherapist for over 40 years, Dr. Chamberlain shares her varied expertise and experiences, bestowing the wisdom she has gleaned throughout her career from patients, students, teachers, and colleagues. The text examines three core themes: How helping clients is often intertwined with the therapist's own life journey; the experience of building intimate relationships with vulnerable populations; and the process of accepting loss, letting go, and moving forward, both for the client and the therapist. Prioritizing personal narratives, case examples, professional research, and discussions with experienced clinicians, this book marks the significant impact psychotherapy has on not just patients and clients but also the mental health professional. Offering enlightenment for readers ranging from longstanding psychotherapists to former patients, this unique book provides a particularly valuable resource for beginning therapists and therapists-in-training who seek a greater understanding of what it means to be a successful and effective therapist. .

how to call a wellness check: *Princess Smile* Adele Royce, 2021-06-21 This is how it all started. *Princess Smile* is the prequel to *Camera Ready*, narrated by lovable but flawed Jane Mercer. Jane struggles with her self-image while reaching for the stars in the cutthroat world of Los Angeles advertising. As she claws her way up to the position of Director of Accounts at the ad agency, Warren Mitchell & Associates, her career goals force her into fierce competition with her colleagues. When Jane is coerced to comply with a client's unreasonable and sordid requests, she frantically seeks an escape. Enter the savagely handsome Craig Keller, managing partner of rival agency Keller Whitman Group. Jane has admired him from afar, and he's taken a sudden interest in her, offering a prestigious high-paying position along with a long list of benefits that only existed in her wildest dreams. Jane is willingly lured into Craig's professional and romantic web, quickly learning that his money, attention, and affection come with an even higher price—one she is not sure she can pay. A high-stakes tale of ambition, friendship, secrets, brutality, and desire, *Princess Smile* is a must-read for the contemporary woman.

how to call a wellness check: *Crime Without Criminals?* United States. Congress. Senate. Special Committee on Aging, 2004

how to call a wellness check: Pastor Is a Verb Keith Prekker, 2024-06-24 Whether your Sundays are for going hiking, going to church, or doing chores, have you ever had the stray thought: What does a pastor do, anyway, outside of those Sunday services? From comical and silly to poignant and profound, from sweet and generous to outrageous and all-too-human – the many stories in *Pastor Is a Verb: Life Beyond Sunday* draw you in, giving an entertaining and illuminating account of one Lutheran pastor’s experiences as he shares his stories from more than fifty years of serving in a variety of settings. Extraordinary and truly unexpected things may come a pastor’s way – you will read about them in these stories, as well as some of the more mundane activities that you never knew fill a pastor’s week and life. These wide-ranging, honest, and inviting stories are an attempt to answer the question the author has been asked throughout his career, “What do you actually do during the week, Pastor?”

how to call a wellness check: Maid of Dishonor Nancy Robards Thompson, 2024-07-18 Instead of walking down the aisle, the bride is suspected of murder.... Maddie Bell’s life and career have hit peak stride. She’s sold her cozy mystery series and is contracted for two more books; she’s engaged to Hemlock’s chief of police; and her mother has purchased and restored the beautiful historic mansion, Gracewood Hall, in their hometown of Hemlock, North Carolina. Three generations—Gigi, Maddie, and Jenna—are now happily engaged in the wedding and special event business. But their highly scrutinized inaugural event—the wedding of an A-List social media influencer—becomes a murder scene before the rehearsal dinner. Kate Archer, the professional bridesmaid Jenna hired, is found bludgeoned by a bottle of Veuve Clicquot, not only threatening their new business, but also sending Jenna into a tailspin of guilt. She knew Kate from college and had begged her to fill in as the maid of honor. Even as the police warn Maddie not to interfere with the investigation, mother and daughter set out to discover who killed Kate and dispel the growing rumors that Gracewood Hall is cursed.

how to call a wellness check: *The Maltreated Child* Jan Carter, 1974

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