

how to call for wellness check

How to Call for a Wellness Check: A Guide for When You Need Help

Worried about a loved one? Unsure if someone needs immediate medical attention but aren't sure how to proceed? Knowing how to call for a wellness check can be the difference between peace of mind and a potential emergency. This comprehensive guide will walk you through the process step-by-step, outlining the best ways to initiate a wellness check, who to contact, and what information you'll need to provide. We'll cover different scenarios and offer tips to ensure your concerns are addressed effectively. Let's dive in and equip you with the knowledge to act swiftly and responsibly when you suspect someone needs a wellness check.

Understanding When a Wellness Check is Necessary

Before we get into the mechanics of making a call, let's define when a wellness check is appropriate. A wellness check is a non-emergency request for law enforcement or other appropriate authorities to visit someone's home or location to assess their wellbeing. This isn't for immediate life-threatening emergencies (those require a 911 call). Instead, think of situations like:

An elderly parent or relative hasn't been heard from in days. This is especially crucial if they live alone and have known health concerns. A friend or family member seems unusually withdrawn or depressed and you're concerned about their mental health. Significant changes in behavior can signal a need for intervention.

You're worried about someone's safety due to a potentially dangerous situation or threatening circumstances. This could involve domestic disputes, substance abuse, or other risky behaviors.

You receive information suggesting someone may be in need of assistance, such as a concerning social media post or a call from a mutual acquaintance.

Remember, it's always better to err on the side of caution. If you have genuine concerns, it's worth initiating a wellness check. Your call could potentially save a life.

Who to Call for a Wellness Check: Navigating the Right Channels

The agency you contact for a wellness check depends on your location and the specific circumstances. Generally, you'll want to contact:

Your Local Non-Emergency Police Line: This is often the best first point of contact. They are trained to handle these situations and can dispatch officers to conduct the check. You can usually find this number on your local police department's website or by searching online.

911 (Emergencies Only): Only call 911 if there is an immediate threat to life, such as a severe injury, active violence, or a suspected overdose. Wellness checks are for situations where there isn't an immediate life-threatening danger.

Adult Protective Services (APS): If you're concerned about an elderly or vulnerable adult experiencing neglect or abuse, contact your local APS agency. They specialize in investigating such cases and can intervene if necessary.

Mental Health Crisis Hotline: If you're worried about someone's mental health and believe they may be in crisis, contacting a mental health crisis hotline is crucial. They can provide immediate support and guidance.

How to Call for a Wellness Check: A Step-by-Step Guide

Once you've identified the appropriate agency, follow these steps:

1. **Stay Calm and Be Prepared:** Gathering information beforehand will make the call more efficient. Have the person's full name, address, phone number, and any relevant details (medical conditions, recent events, etc.) ready.
2. **Clearly Explain Your Concerns:** Be concise and direct. Explain why you're concerned and provide specific details supporting your request. Avoid generalizations and stick to observable facts. For example, instead of saying "I think she's depressed," say "I haven't heard from her in three days, and she usually calls me every day."
3. **Provide as Much Information as Possible:** The more information you can provide, the better the authorities can assess the situation. Include details like:

The person's physical description (height, weight, hair color, clothing)

Any identifying marks or medical conditions

Any known mental health conditions or medications they take

If they have pets that might require care

Whether they have a security system or alarm

1. **Provide Your Contact Information:** The authorities will need to be able to reach you to update you on the situation.
2. **Be Patient:** It may take some time for the authorities to respond. They may need to prioritize other calls, but they will generally attend to your request as quickly as possible.

What to Expect After Making the Call

After you've made the call, the authorities will typically dispatch an officer or other designated personnel to the location. They will check on the person's well-being and assess the situation. They may contact you to provide an update or report their findings.

Important Considerations When Calling for a Wellness Check

Privacy Concerns: While you're sharing sensitive information, remember that the authorities are bound by confidentiality and will handle your concerns responsibly.

False Alarms: Avoid making false or frivolous calls. Misusing emergency services can have serious consequences.

Follow-Up: After the wellness check, consider checking in on the individual to ensure they are receiving the necessary support.

Conclusion

Knowing how to call for a wellness check is a valuable skill that can make a significant difference in someone's life. By understanding when to act, who to contact, and how to effectively communicate your concerns, you can help ensure the safety and well-being of yourself and your loved ones. Remember, it's always better to be proactive than to regret not acting when you had concerns.

FAQs

1. What if the person refuses a wellness check? The authorities will generally respect the person's wishes, but they may still try to assess the situation and offer resources if they deem it necessary.
1. Can I request a wellness check for someone who lives in a different state? Yes, but you'll need to contact the appropriate authorities in that state. You may need to provide more detailed information to assist them in locating the individual.
1. What if I'm worried about someone who is not immediately family? You can still request a wellness check. The authorities will handle your request appropriately, focusing on the well-being of the individual.

1. Are there any costs associated with a wellness check? Usually, there are no direct costs to the person requesting the wellness check.

1. What if the police find something illegal at the location during the wellness check? The police will follow their standard procedures for such situations and will likely contact the relevant authorities as needed. This is beyond the scope of a wellness check but is a possibility.

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

how to call for 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 for 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 for wellness check: *Medicare For Dummies* Patricia Barry, 2017-09-25 Weave your way through the tangled web of Medicare Medicare for Dummies, 3rd Edition will help you navigate the complicated, often confusing maze of the Medicare system. In simple language, with clear step-by-step instructions, the book helps you determine how and when to enroll, avoid costly mistakes, and find a plan that is right for you and your family. Written by Patricia Barry, a nationally recognized authority on Medicare and Medicare Part D prescription drug coverage, this invaluable resource offers:

- Tips on reducing out-of-pocket expenses
- Guidance for knowing your rights and protections
- Ways to choose the best policy for you

With this definitive guide, you'll get answers to the most common and not so common questions about Medicare, to get the most out of your coverage.

how to call for 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 for 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 for 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 for 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 for wellness check: *Childhood Nightmares And Adult Fears* Rose Keaton, 2021-12-07 Childhood Nightmares and Adult Fears goes back to the beginning of not understanding what was really going on. The chilling, horrifying memory is our stepmother leaving to go find our biological mother to get us the help we needed to survive. All my life, he always told my siblings and me she was dead or in a mental home. This was an unbelievable shock, then we learned that our stepmother didn't make it to our mother. She was murdered. We didn't witness it. At the same time we learned the truth and much more. The horror of learning what I once didn't understand that our father was the perpetrator. My nightmare is a tall shadow of a man with a hat on his head carrying me naked in his arms as I sniffed and cried softly as he walks toward the bed. This tells me that something did happen. During my adulthood, my fear was always something going wrong when I allow unhealthy men into my life, and I walked into a road of destruction when I saw a sign in my mind that read Welcome to the Fast Life. Everything that I would never do you could say it became my very own manifestation. I couldn't escape. This is my true story of how I struggled to succeed and survive my trauma never giving up on myself. 144

how to call for 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 for wellness check: *The House on the Hill* Lisa Stieva, 2021-02-05 Widow Susan Connors' visit to aunt Mary dealt her a huge wake-up call spurring the decision to sell her beloved family home to seek new adventures and a second chance at love. As she and her book club friends plot a unique way to find deserving new owners for her heritage house in Clarksburg, Ontario, will her plans crumble in the wake of a world-wide pandemic? Recent Metro University graduate Jules Bailey is an independent young woman working to build a life. After losing her part-time job, she lands her dream teaching position and becomes a welcome addition to the Clarksburg Academy. Renting an affordable cottage in Clarksburg is the key to her financial ability to pursue her dreams. Will totally hot local golf pro, Jared or refined yet rugged, Dylan become the life partner she seeks? Vancouver native, Dylan Connors' inaugural visit to Ontario does not go as he envisioned. His plan to propose to his long-time girlfriend dissolves while attending his friend's wedding at the Grey Mountain Resort and Spa. Reconnecting with his aunt Susan, meeting her beautiful tenant Jules and seeking answers about his biological father take him down a new path. Facing compromised health in the wake of the pandemic, will his lifelong dreams come true? Lisa Stieva's gift for storytelling is revealed in her debut Christian romance novel. Be swept away by the colourful cast of characters, twisting plot and rich Canadian setting in the modern day fairytale she weaves.

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

how to call for wellness check: *Wisdom and Understanding* Nija Walker, 2022-06-17 *Wisdom & Understanding* provides answers to many of life's greatest challenges. The book explains clearly how to transform yourself into the greatest version of you. It also provides you with great insight into how to connect with and grow your personal relationship with God. This book is strategically divided into ten chapters that address significant core values. *Wisdom & Understanding* reveals the truth about the purpose for our lives and how to achieve true success.

how to call for 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 for wellness check: *State of Bliss* Marie Force, 2023-12-25 When you have their jobs, there's no such thing as a peaceful vacation... Sam and Nick are ready to get out of DC—and the White House—for a much-needed vacation to celebrate their second anniversary. Due to ongoing political pressures, they decide to scuttle their plans for a return to Bora Bora to stay closer to home at their favorite oceanfront house at Dewey Beach in Delaware. But before they can make their escape, Sam is summoned back to work to deal with yet another crisis in the ongoing investigation into former Lieutenant Stahl. Just when they think they've seen the full scope of his depravity, there is more. Sam leaves Gonzo, Freddie and the rest of the squad in charge of a new investigation of a

murdered college student while Gigi and Cameron deal with the Internal Affairs Board and plot their strategy to deal with a lawsuit from the Patrick family. Meanwhile, Nick's mother is working on a plea deal with an unexpected new advocate who wants her to reconcile with her estranged son. As always for the first couple, nothing ever goes according to plan, but the chance to spend a week mostly alone is just what they needed until their children, family and friends join them for the final weekend at the beach. It's March in Dewey, and Sam and Nick are snuggling in front of the fire as they prepare to begin their third year of marriage. Happy holidays from Marie, Sam and Nick as STATE OF BLISS releases Christmas week!

how to call for 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 for 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 for wellness check: Love Me Dead Lisa Renee Jones, L.R. Jones, 2019-07-23 Women are dying. The killer wants to play a game with Lilah Love. Lilah doesn't play games, she doesn't submit to demands. The love of her life, her ex-lover, that isn't so ex at all, Kane Mendez, knows that all too well, but like the hero, or perhaps criminal that he is, he'll try to play the game for her. But this killer isn't playing with Kane, demanding Lilah step up or more blood will be shed. Lilah claims her role on the game board, and she'll do it to save lives, but she isn't happy. And when Lilah isn't happy, someone is going to die alright, and it won't be her fault. It will, however, be her duty.

how to call for wellness check: In the Wind Ron Peterson Jr, 2024-07-30 In 1981, detective Kay Schucker was the lead investigator in the high-profile missing persons case of Old Dominion University student Janice Starr. The beautiful coed disappeared without a trace from ODU's Norfolk, Virginia campus. Among the only leads was Janice's diary, which included detailed journal entries about her daily activities. As Kay studied the diary—going several years back—she learned that Janice, a US Army veteran, had faced the same challenges in the military that Kay did in law enforcement. They were both women trying to succeed in a man's world. Feeling a kinship toward Janice, Kay became consumed with unraveling the mystery of Janice's disappearance and possible death. As the investigation unfolded, Kay began to suspect that Janice had an affair with her ROTC professor at ODU, Army captain Dwight Beddingfield—a well-respected family man married with three kids. Kay was warned by superiors to tread lightly in her investigation of Beddingfield and cautioned not to dig too deeply. But she soon uncovered a life insurance scheme and discovered that Janice had been assigned a series of dangerous tasks by Captain Beddingfield. Did these

circumstances play a role in Janice's demise? Was the highly regarded Beddingfield actually a killer? If so, what did he do with Janice's remains?

how to call for wellness check: *The Tangled Tale of the Woolgathering Castoffs* Sharon J. Mondragón, 2024-01-23 A humorous, heartwarming tale of love, loss, and the power of community Fair Meadows Retirement Community might as well be a country club for most of the retirees enjoying the pool, golf course, and book clubs. But for the caregivers whose family members reside upstairs in the special Memory Care Unit, vacation is over. Comforting these caregivers is exactly why the Woolgatherers group has formed. They make prayer shawls to support those affected by the heartbreaking reality of not being recognized by a loved one-people like Sam Talbot, who has been barely existing since his wife moved into Memory Care. He finds that his life has lost all color and meaning without her. That's something the Woolgatherers can't bear to see. Flirtatious Jenny Alderman, cranky crocheter Edna O'Brian, kind Rose Harker, and the rest of the prayer shawl group weave him into the circle. Sam has no idea how he got tangled up with them, and he's no good at knitting. But when one member talks him into taking up his wife's old crochet hooks, he discovers that this one small gesture might just have the power to heal his life--or even save it. Full of Sharon Mondragon's characteristic humor and heart, this book wrestles with the loneliness of being the forgotten spouse of a dementia patient, moving past the fear that the spouses often face into the love and compassion that can make all the difference.

how to call for wellness check: *The Case of the Filthy Beast* Emily Karmazin, 2024-08-19 Nurse Lexi's perfect life unravels after a mysterious death. Unconvinced by the official story, she and her best friend Zelda embark on a thrilling hunt for the truth. Facing danger, betrayal, and a shocking revelation, they risk everything to expose a killer lurking in their midst.

how to call for wellness check: *Jr.'S Angel* Victor C. Brown Jr., Joan L. Brown, 2015-01-31 How did an angel enter Victor Wolf's life? The answer was simple at the hockey rink when a little schoolteacher asked a favor of him: to bring her the head of a poisonous snake when he went snake hunting. She didn't look like an angel. The deep discolored circles under her eyes reminded the coach of a raccoon. She looked as though she hadn't had a good night's sleep in a while. The tough hockey coach didn't look much better. He also had circles that everyone said were from too much nightlife. They each had their dark secrets. Jr.'s Angel intertwines the coach and the teacher as they reveal details of their pasts. The coach played a chess game with God for much of his life. As the game neared its end, the coach realized that God would always be the Winner. As though to make amends, God sent him the only woman Victor Wolf ever really loved. The file cabinet is nearly empty, although a few notes remain. Now I had begun to store my notes that covered twenty years of my life and adventures with my husband. As I filed some papers, I came across a book by one of Vics favorite authors, Ernest Hemingway. Hidden inside was a quote by Hemingway, Every man's life ends the same way. It is only the details of how he lived and how he died that distinguish one man from another. This folded scrap of paper held a clue to Vics philosophy. Vic loved Hemingway because the man wrote about how he had experienced life. Vic knew the best fiction had to be based upon reality and experience. Vics notes and writings revealed how he lived life. But his life held sorrow and disappointment, until he met the woman who introduced him to the concept of love. Vics story had left many unanswered questions. This book fills in the missing gaps of many characters. Jr.'s Angel is a tribute to love, a word that a tough guy couldn't speak until he fell under the influence of a little schoolteacher who had been abused and put in a corner. She survived somehow. Once she met the tough guy, she flourished. The two found each other: warrior and angel. Unselfish love and dedication allowed each to thrive. He became her true love and hero; she became his angel on this earth.

how to call for 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 for wellness check: *The Best Is yet to Come* Tara R. Alemany, 2013-11-11 After twelve years of living alone as a single parent, she hadn't expected to find love again. She'd pretty much given up on the idea so when Frank unexpectedly came into her life, the result of an errant e-mail, he turned her world upside down. Four months later, his unexpected death brought it to a crashing halt. Join Tara on her journey as she shares the story of their time together and, more importantly, the lessons she learned as she rode waves of unanticipated love and grief to ultimately come to the strongest place she'd ever been in her life. This true story will speak to and inspire anyone who has ever suffered the loss of a dream by showing how you too can change your perception of that loss from an anchor that holds you back into a beautiful gift that dares you to believe that the best is yet to come.

how to call for wellness check: *Still The One For You* Bianca, 2018-08-07 Whoever said love was enough, lied. Married fresh out of high school, Xander 'Xan' and Tomelia 'Tomi' Williams are ready to spend the rest of their lives together. With a bond thicker than most, Xan and Tomi are committed to the vows they took, or at least they thought they were until the aisle they walked down separates, taking them on opposite paths. Stuck caring for his ailing parents, Xan foregoes college and enters the workforce to pay for their piling medical bills. The jobs that he works are dead end and pay very little, but Xan doesn't mind as long as his parents are taken care of. Xan loves Tomi within the depths of his soul and couldn't wish for a more loyal lady. Now the breadwinner of the family, Tomi feels unloved and is tired of carrying the load on her back. She understands that being an only child, Xan wants to do everything he can for his parents, but it's driving a wedge between the two of them and causing her to resent him. In search of peace from her home life, she finds some relief in monetary form from well-known Shea Reed. She learns quickly that everything that glitters isn't gold, but will it be too late to work things out with Xander, the one man that loves her unconditionally?

how to call for wellness check: *Alive... For A Reason* Jaiden Jackson Smith, 2024-02-15 She Almost Died... In the ordinary life of Julia, a hidden danger looms, threatening to unravel everything she holds dear. Unbeknownst to her, an insidious blood disorder, affecting her brain, poised to strike without warning. Prepare for a heart-stopping journey as *Alive For A Reason ...* unfolds, a mesmerizing story that will grip you from the first page. When fate intervenes, a courageous coworker's timely discovery becomes a lifeline, unleashing a race against time to save Julia's life. This compelling memoir is a testament to the resilience of the human spirit, taking you to an unforgettable odyssey of survival, hope, and redemption. As Julia fights for her life, you emotionally cling to every word as if your own breath depends on it. Unveiling the fragility of life, *Alive For A Reason ...* is an electrifying reminder that what you don't know could kill you, and it's not the pandemic. With each turn of the page, you'll be drawn deeper into Julia's extraordinary story - that will leave you breathless, and your heart pounding with anticipation. Don't miss this opportunity to experience *Alive For A Reason*, her debut memoir that will leave an indelible mark on your soul. Embrace the power of survival, the discovery of inner strength, and hold on tight- as you embark on an unforgettable journey of Julia's story.

how to call for wellness check: *Deadly Christmas Memories* Laura Scott, Terri Reed, 2022-10-25 A Christmas to remember Christmas Amnesia by Laura Scott Assaulted a week before a high-profile drug-trafficking trial, assistant district attorney Madison Callahan suffers amnesia. She's unable to recall the identity of her attacker, and everyone is suspect—except the handsome policeman who saved her, Officer Noah Sinclair. But helping Madison regain her memory may end their unlikely alliance. Because once she remembers him, Noah might be the last man she'll want to rely on... *Identity Unknown* by Terri Reed When a man washes up on the shores of Calico Bay with no memory, it becomes clear to deputy sheriff Audrey Martin that he's marked for murder. And the arrival of men claiming he's Canadian Border Services officer Nathaniel Longhorn further complicates the matter. As his memories return, Nathaniel is determined to uncover who wants him dead. But unless Audrey can help him find the truth, this Christmas might be their last. USA TODAY

Bestselling Author Laura Scott 2 Thrilling Stories Christmas Amnesia and Identity Unknown

how to call for wellness check: The Littlest Boss Janet Lee Nye, 2017-09-01 Her daughter always comes first Successful ER nurse Tiana Nelson has sacrificed a lot to provide for her daughter, Lily. She won't let anything, or anyone, jeopardize all she's accomplished. Not even handsome and charming engineer DeShawn Adams. But she's running into him everywhere, and when he connects with Lily, ignoring their attraction is impossible. After an unexpected visit from DeShawn's past, it's clear that his life isn't as settled as it seems. Tiana can't expose Lily to danger, but walking away from DeShawn isn't easy. Not when Tiana is beginning to suspect that the best thing she can give Lily—and herself—is a future with him.

how to call for wellness check: An Unfair Advantage Juanita Tischendorf, 2015-11-04 Homicide investigations are clearly one of the highest priorities for any state or local law enforcement agency. In murder investigations, many agencies follow the 72-hour rule, in which officers closely investigate the first 48 hours after the homicide occurred and the 24 hours prior to the homicide. The investigations success is judged by the final outcome.

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

how to call for wellness check: Santa Fe Heat Gloria H. Giroux, 2021-05-17 The 1980s were a miasma of new thoughts, fashions, music, and ideas and for many people a respite from the turbulent '70s. The city of Santa Fe is bursting with the new veneer. Even so, there are dark clouds roiling over the city and its inhabitants, stoking fires that will consume the innocent as well as the guilty. The next generation of the Grayhawk clan and their close relatives and friends has begun to make its mark, many choosing the professions of their parents or friends. Although their development is generally positive, the plague of the decade has infiltrated their lives and changed the course of many. Besides the personal impacts of life, the clan finds themselves battling evil on two fronts. One antagonist is executing vengeance on people who have wrought inhuman savagery on the world, seeking true "eye for an eye" justice. The other seeks a much more personal vengeance directed at Memphis Grayhawk and his family and lurks in the background until the time is ready to strike. The passion and determination of all factions heats up until it bursts into a roaring conflagration. Will it consume only the unremorseful perpetrators, or will the flames of hatred burn everything in sight, leaving only ash and destruction?

how to call for wellness check: 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 to call for wellness check: Police Brutality and White Supremacy: The Fight Against American Traditions Etan Thomas, 2022-01-11 An NBA veteran offers engaging interviews and reflections that explore police brutality, white supremacy, and the struggle for racial justice in America. Thomas's interviews demand careful reading by all who want to expose racism, hold police accountable, and create an American society that practices social justice. —Library Journal, a Best Book of the Year in Political Science/Civil Rights My family and I are extremely grateful for the support and love from my brother in the movement, Etan Thomas. —Emerald Garner, daughter of Eric Garner Etan Thomas, an eleven-year NBA veteran and lifelong advocate for social justice, weaves together his personal experiences with police violence and white supremacy

with multiple interviews of family members of victims of police brutality like exonerated Central Park Five survivor Raymond Santana and Rodney King's daughter Lora Dene King; as well as activist athletes and other public figures such as Steph Curry, Chuck D, Isiah Thomas, Sue Bird, Jake Tapper, Jemele Hill, Stan Van Gundy, Kyle Korver, Mark Cuban, Rick Strom, and many more. Thomas speaks with retired police officers about their efforts to change policing, and white allies about their experiences with privilege and their ability to influence other white people. Thomas also examines the history of racism, white supremacy, and the prevalence of both in the current moment. He looks at the origins of white supremacy in the US, dating back to the country's inception, and explores how it was interwoven into Christianity--interviewing leading voices both in and outside of the church. Finally, with prominent voices in the media and education, Thomas discusses the continued cultivation of these injustices in American society. Police Brutality and White Supremacy demands accountability and justice for those responsible for and impacted by police violence and terror. It offers practical solutions to work against the promotion of white supremacy in law enforcement, Christianity, early education, and across the public sphere. Featuring original interviews with: Steph Curry, Chuck D, Yamiche Alcindor, Isiah Thomas, Jemele Hill, Craig Hodges, Stan Van Gundy, Mark Cuban, Jake Tapper, Mahmoud Abdul-Rauf, Sue Bird, Kyle Korver, Rick Strom, Cenk Uygur, Tim Wise, Chris Broussard, Breanna Stewart, Rex Chapman, Stephen Jackson, Kori McCooy, Lora Dene King, Chikesia Clemons, Raymond Santana, Alissa Findley, Amber and Ashley Carr, Michelle and Ashley Monterrosa, Chairman Fred Hampton Jr., Abiodun Oyewole, Marc Lamont Hill, Officer Carlton Berkley, Pastor John K. Jenkins Sr., Officer Joe Ested, Captain Sonia Pruitt, and Bishop Talbert Swan.

how to call for wellness check: The Best American Newspaper Narratives, Volume 9

Gayle Reaves, 2022-09-15 This anthology collects the nine winners of the 2021 Best American Newspaper Narrative Writing Contest at UNT's Mayborn Literary Nonfiction Conference. First place winner: Greg Jaffe and his three-part series on the pandemic, beginning with "The Pandemic Hit and This Car Became Home for a Family of Four" (The Washington Post). Second place: Hannah Dreier with "The Worst-Case Scenario" (The Washington Post). Third place: Leonora LaPeter Anton, Kavitha Surana, and Kathryn Varn with "Death at Freedom Square" (Tampa Bay Times). Runners-up include Rory Linnane, "Maricella's Last Breath" (Milwaukee Journal Sentinel); Hannah Dreier, "Tatiana's Luck" (The Washington Post); Deborah Vankin, "This 81-Year-Old was L.A.'s Most Devoted Museum-Goer until COVID-19" (Los Angeles Times); Lauren Caruba, "Night Shift" (San Antonio Express News); Mark Johnson, "Saving Raynah's Brain" (Milwaukee Journal Sentinel); and John Woodrow Cox, "They Depended on Their Parents for Everything" (The Washington Post).

how to call for wellness check: Bare, Bear Bones M. Susan Thuillard, 2011-05-25 Bare, Bear Bones is the story of a serial killer. Andy is tortured by childhood events that molded his confused, warped mind. Obscurity is his friend as he uses his good looks and finesse to hide his wicked fantasies and lure women into his evil plots. It's also a story of youth, beauty, and insecurities. Young girls who seek Mr. Right see the handsome truck driver and sigh. Some are fortunate enough to catch his attention and then.....well, you decide. This story is sure to raise goose bumps, cause you to search the shadows, and send shivers up and down your spine. Lock the doors, and keep a good watch out for young girls and strangers, bears and beasts.

how to call for 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 for wellness check: Rumors and Romance Kat Thomas, 2026-10-15 When a group of friends begin to have secrets and it threatens the happiness of one of the group he breaks off to find the love of his life. Though the wickedness of the lies and rumors continued behind his back Mack Paulin found the love of his life within Henni Hanson. Henni was completely different than anything Mack had every met. Young and a doctor who was social stunted because of the intelligence level. She was removed from her own family due to her parents divorce and wasn't close to anyone except her twin brother. Her twin wanted her to act her age though she had no idea what that meant. When she met Mack though her life changed with the thoughts of a new friend. That friendship grew into something she didn't understand. With Mack's help she started to become a new person. Over the course of years and more rumors in lies it was clear to the couple that they needed to confront everything head on. This led the group of friends fracturing and then half went on to move forward and the others were left in the dust. That is when the case of the multi-murder happened and their friend and co-worker Max Anderson walked into their lives. They knew the traps of friendship were always there around them and they came together when they all had too. Also known as The friend Trap

how to call for 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.

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