

how to call in a wellness check

How to Call in a Wellness Check: A Comprehensive Guide

Worried about a loved one? Feeling uneasy about someone's well-being? Knowing how to call in a wellness check can be the difference between peace of mind and a potential tragedy. This comprehensive guide walks you through the process, providing clear steps and crucial information to ensure you're equipped to handle this sensitive situation effectively. We'll cover everything from identifying when a wellness check is necessary to navigating the call with authorities and knowing what to expect afterward.

Understanding When a Wellness Check is Necessary

Before diving into the mechanics of making the call, it's vital to understand when a wellness check is truly warranted. A wellness check isn't for minor concerns or everyday disagreements. It's for situations where you genuinely believe someone's safety or well-being is at risk. Here are some key indicators:

Sudden behavioral changes: Has your loved one exhibited unusual behavior, such as increased isolation, erratic mood swings, or significant changes in their personality?

Lack of communication: Have you been unable to reach them despite repeated attempts? This is especially concerning if they typically maintain regular contact.

Threats of self-harm or harm to others: This is a critical indicator requiring immediate action. Don't hesitate to call for help if you hear or suspect such threats.

Medical concerns: Are you aware of a medical condition that could put them at risk, and you're unable to confirm their safety?

Suspicious circumstances: Have you noticed anything unusual or out of the ordinary that raises concerns about their safety? This might include signs of a break-in, unexplained absences, or unusual activity around their home.

Remember, it's better to err on the side of caution. If you have even a slight concern, it's always best to reach out.

Who to Call for a Wellness Check

The appropriate authority to contact for a wellness check depends on your location and the specifics of the situation. Generally, you should contact:

Local police department (911 or your non-emergency number): This is the primary point of contact for most wellness check requests, especially if there's a perceived threat of harm. They are trained to handle such situations and can assess the individual's well-being.

Emergency medical services (EMS or 911): If the situation involves a suspected medical emergency, contacting EMS is essential. They can provide immediate medical assistance.

Adult Protective Services (APS): If the person in question is an elderly adult or a person with

disabilities who may be experiencing neglect or abuse, APS is the appropriate agency to contact. Mental health crisis hotline: If you suspect a mental health crisis, contacting a specialized crisis hotline can provide crucial support and intervention.

How to Make the Call: A Step-by-Step Guide

When making the call, remain calm and provide clear, concise information. Having the following information readily available will greatly assist the dispatcher:

1. Your name and contact information: The dispatcher will need to be able to reach you.
2. The person's full name and address: Accurate information is crucial for locating the individual.
3. The person's age and description: This helps responders identify the correct person.
4. The reason for your concern: Clearly explain why you believe a wellness check is necessary. Be specific about the behaviors, events, or circumstances that have led to your concern.
5. Any known medical conditions or mental health issues: This information is vital for responders to handle the situation appropriately.
6. Any other relevant information: Mention anything else that might be helpful, such as access codes or security measures.

Be prepared to answer any questions the dispatcher may have. They will likely ask clarifying questions to assess the urgency and nature of the situation.

What to Expect After the Call

After you've made the call, the dispatcher will likely dispatch officers or emergency personnel to the location. The response time will vary depending on the urgency and availability of resources. You may receive updates from the authorities, but be patient – their priority is ensuring the individual's safety.

Once the authorities have made contact with the person, they will assess the situation and determine the appropriate course of action. This might involve providing support, transporting them to a hospital, or connecting them with other resources. You will typically receive a follow-up call or report once the situation has been resolved.

Proactive Measures for Preventing Future Concerns

While a wellness check is a reactive measure, proactive steps can often prevent future concerns. Consider:

Regular check-ins: Maintaining regular contact with your loved one, even if it's just a quick phone call or text, can help you stay aware of their well-being.

Building a support network: Encourage your loved one to build a support network of friends, family, or community groups.

Identifying warning signs: Learn to recognize the warning signs of mental health issues or potential crises.

Accessing professional help: If you are consistently concerned about someone's well-being, consider seeking professional help.

Conclusion

Knowing how to call in a wellness check is a valuable skill that can make a significant difference in protecting the well-being of yourself or others. By understanding when a wellness check is necessary, knowing who to contact, and following the steps outlined in this guide, you can act decisively and effectively to address your concerns and ensure the safety of your loved ones. Remember, it's always better to be cautious and take action than to regret inaction later.

FAQs

1. Is there a cost associated with calling for a wellness check? No, there is typically no cost associated with calling for a wellness check through emergency services or law enforcement.
1. Will my call be confidential? While the information you provide is used to assess the situation, your call is generally treated with confidentiality within the legal parameters of emergency services.
1. What if the person refuses help? While responders will attempt to provide assistance, they cannot force someone to accept help if they are deemed to be of sound mind and not a danger to themselves or others. However, they will document the situation and may offer resources for future assistance.
1. Can I request a wellness check anonymously? While not always possible, you can try to explain your concerns without revealing your personal information, but providing accurate contact information makes it easier for authorities to follow up.
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 doubts, contact your local non-emergency line or your emergency medical services and explain the situation. They can help you determine the best course of action.

how to call in 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 in 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 in 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 in 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 in 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 in 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 in 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 in a wellness check: My Life: Of Faith in God and Divine Interventions Dr. Anthony Ikechukwu Akubue, 2024-01-04 This book is the outcome of the persistent nudging of the Paraclete in the author to shine the light on God's handiwork in his life. It is in keeping with Dr. Anthony Akubue's belief in giving credit to whom credit is due and his conviction not to let the favors of God to him a well-kept secret. You do the right thing when you light a lamp by putting it on a lampstand, not under a bowl or bed, for people to see. The author finds himself breaking down and crying occasionally, being overwhelmed that the Lord God loves a puny sinner like him. What you read in this book about the experiences of divine interventions in the life of the author will leave you in awe and conviction that God truly exists and is omnipotent, omniscience, and omnipresent. For instance, who was the old woman walking with a staff in hand that warned the author on September 4, 1968, afternoon to leave the site of a market square immediately, after which the market was heavily bombed and many people were slaughtered?

how to call in 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 in 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 in a wellness check: *Cowboy Ransom* Barb Han, 2020-11-25 A ransom note. The wrong vehicle. A rancher who can't walk away. When a ransom note shows up on Coby McGannon's Jeep in the parking lot of the feed store, he feels personally responsible to find out who the note was actually meant for. Teaming up with Sheriff Laney Justice to find answers, he's surprised to find himself falling for the beautiful sheriff who arrested his father. Can they solve the case and keep their feelings in check? Or will he lose his heart in an impossible situation? Danger lurks around every corner. Hearts are on the line. Join USA TODAY Bestselling Author Barb Han as she brings the ranching community of Cattle Cove, Texas, and the McGannon family secrets to light in this brand new romantic suspense series that will keep you on the edge of your seat.

how to call in 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 in 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 in 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 in 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 in 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 in 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 in a wellness check: *THE 9TH WITNESS* Rebecca Forster, 2024-11-15 NO GOOD DEED GOES UNPUNISHED, AND THIS TIME IT'S BRUTAL IT'S CHRISTMAS and the world is joyful

for everyone but Josie Bates. A devastating miscarriage, her employer's pending retirement, and her husband's overseas job have left her alone and adrift—until Lily Daye dies and names Josie her executor. Josie has no idea who this woman is, but her will is simple and her possessions meager. In the spirit of the season, Josie accepts the job only to discover that behind Lily's s modest existence is a complex, mysterious life. When an eccentric tech mogul contests the will, the only spirit Josie is channeling is one of outrage: her life is being upended and Lily's last wishes disrespected. Up against a high-powered, ruthless attorney, a court on a schedule, and an entitled man with more money than God, Josie is determined to protect her client's interests or die trying.

how to call in 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 in 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 in 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 in 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 in a wellness check: Becoming Abolitionists Derecka Purnell, 2021-10-05 A NONAME BOOK CLUB PICK Named a Kirkus Reviews Best Book of 2021 Becoming Abolitionists is ultimately about the importance of asking questions and our ability to create answers. And in the end, Purnell makes it clear that abolition is a labor of love—one that we can accomplish together if only we decide to. —Nia Evans, Boston Review For more than a century, activists in the United States have tried to reform the police. From community policing initiatives to increasing diversity, none of it has stopped the police from killing about three people a day. Millions of people continue to protest police violence because these solutions do not match the problem: the police cannot be reformed. In 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 argues that police can not be reformed and 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 in a wellness check: Your Consent Is Not Required Rob Wipond, 2023-01-24 Asylums are supposed to be in the past. However, though the buildings were closed, many of the practices lived on. In fact, more law-abiding Americans today are being involuntarily committed and forcibly treated “for their own good” than at any time in history. In the first work of investigative journalism in decades to give a comprehensive view into contemporary psychiatric incarceration and forced interventions, Your Consent Is Not Required exposes how rising numbers of people from many walks of life are being subjected against their will to surveillance, indefinite detention, and powerful tranquilizing drugs, restraints, seclusion, and electroshock. There’s a common misconception that, due to asylum closures, only “dangerous” people get committed now. But forced psychiatric interventions today occur in thousands of public and private hospitals, and also in group and long-term care facilities, troubled-teen and residential treatment centers, and even in people’s own homes under outpatient commitment orders. Intended to “help,” for many people the experiences are terrifying, traumatizing, and permanently damaging. Driven partly by individuals’

genuine concerns for the “mental health” of others, and partly by institutions entangled with goals of power, profit, and social control, psychiatric coercion is increasingly used to: manage school children and the elderly quell family conflicts police the streets control people in shelters, community living, and prisons fraudulently increase hospital profits “resolve” workplace disagreements detain protesters and discredit whistleblowers Thoroughly researched, with alarming true stories and hard data from the US and Canada, Rob Wipond’s *Your Consent Is Not Required* builds an unassailable case for greater transparency, vigilance, and change.

how to call in 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 in a wellness check: House Calls for the Holidays Pat Simmons, 2022-10-11 A doctor. A nurse. A matchmaker. Charity McCall couldn’t have survived the holidays without her petite Goldendoodle. She named him Dr. Avery because he healed her broken heart after a bad breakup. She plans to spend the holidays on the road away from St. Louis with her pooch in tow. Sawyer Kahill needs a fresh start, so he relocates to Raleigh, working in the IT field. He’s enjoying life until his aunt has a health scare back in St. Louis. He plans to bring her back with him after he suspects someone is trying to take an advantage of her. Every time he’s on the phone with Aunt Edith, she raves about Dr. Avery and his nurse making house calls. The joke is on him. Sawyer has no idea the regular visits are from a dog named Dr. Avery and Charity who is an RN by profession. His aunt refuses to budge from St. Louis. After a chance meeting with Charity in the hospital, he learns she now moving to Raleigh. Will their paths ever cross again? Not unless they both come home for the holidays. Leave that up to the Lord and Aunt Edith.

how to call in a wellness check: Stealth: Mason Willow Fox, 2021-03-26 Sold to the mafia. I’m nothing more than a piece of property to my brother. Forced into an arranged marriage, I enlist the help of Eagle Tactical. Ariella I moved in with Jaxson after the attack. It’s hard to keep my hands off him, but he’s my boss. He’s given me a job at Eagle Tactical as his subordinate. I don’t take orders well, especially from a grumpy boss. He’s about just as grumpy as his toddler when she skips her afternoon nap. Jaxson I vowed to protect Ariella. That’s how much she means to me, but she’s gotten under my skin with her know everything attitude and sassy hip sway that has my body in overdrive. I swore I’d never do a one-night stand. Is that what she thinks we shared? Is that why she hates me? I don’t know how much longer I can wake up under the same roof, go to work with her, and not throw her down on the bed. We have a mission that takes priority, but how can I keep my mind on the job when she’s always in the room, and I want to bend her over the desk? *Stealth: Mason* is a special forces romance and ends with a HFN and a guaranteed series HEA. It is recommended that you read this series in order. *Stealth: Mason* is book two in the Eagle Tactical series.

how to call in 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 in 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 in a wellness check: *The Her Campus Guide to College Life, Updated and Expanded Edition* Stephanie Kaplan Lewis, Annie Chandler Wang, Windsor Hanger Western, 2019-04-16 Every young woman's essential guide to tackling all of the challenges of college—from stress to debt to scholarships—in a completely updated new edition: "Some things are common sense but some things aren't—especially when it comes to navigating a college campus in a way that's fun, independent, and totally safe" (Today.com). Get ready for the best years of your life! From the experts behind Her Campus, this completely updated college guide is bursting with insider tips to help you navigate classes, relationships, and all your extracurriculars—including parties and Greek life, of course. Whether you're just starting freshman year or a seasoned pro as an upperclassman, you'll learn tips and tricks for how to survive: —Bonding with your roommate—while setting ground rules for your new space at the same time —Beating the dreaded Freshman 15 without having to give up dessert —Snagging a date with the cutie from class —Coping with stress and anxiety—even during the insanity of finals week! —Navigating student loans and finding the best financial aid, scholarships, and post-graduate loan forgiveness programs —Scoring awesome jobs and internships and transitioning into post-collegiate life —Staying safe on campus so you can enjoy all college has to offer—without horror stories Complete with fun checklists and helpful worksheets, *The Her Campus Guide to College Life, Updated and Expanded Edition* shows you how to make the most out of your undergrad experience—in and outside the classroom.

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

how to call in a 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 in 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 in 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 ballerinas tutu, and sneakers wearing a clowns 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 Davids farm. What these strangers cant anticipate is the horror that awaits them.

how to call in 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 in a 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 in 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 in a wellness check: *Protectors of Time* Kim Malaj, 2022-07-25 Six months after Itra and Danae were ejected from the Castle of Teskom, an alarming phone call sends them back and not by choice. They're not alone aided by the support of the new alliance of descendants from the bloodlines of Zeus and Mui and the Protectors of Time. They arrive just-in-time to defend the castle from Ember's scorned ex-lover Chronos. But the list of opponents evolve as they uncover an ancient prophecy of a new beginning of time between the four dimensions. To begin again or tip the end. They must decide.

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