

how to do a wellness check on someone

How to Do a Wellness Check on Someone: A Comprehensive Guide

Introduction:

Worried about a friend, family member, or colleague? Feeling that something's not quite right? Knowing how to perform a genuine wellness check is crucial in supporting those around you. This isn't just about asking "How are you?" and accepting a perfunctory "Fine." It's about actively listening, observing, and offering genuine support. This comprehensive guide provides a step-by-step approach on how to conduct a thoughtful and effective wellness check, helping you identify potential issues and offer appropriate assistance. We'll cover everything from initiating the conversation to knowing when to seek professional help, equipping you with the skills to make a real difference in someone's life.

1. Recognizing the Signs: When a Wellness Check is Needed

Before diving into how to perform a wellness check, let's first identify when it's necessary. Several red flags might indicate someone needs support:

Behavioral Changes: Significant shifts in personality, mood swings, increased irritability, withdrawal from social activities, or changes in sleep patterns are all potential indicators. Has your friend suddenly stopped engaging in hobbies they once loved? Are they isolating themselves? These subtle shifts can be significant.

Physical Changes: Noticeable weight loss or gain, neglecting personal hygiene, persistent fatigue, or visible injuries can point towards underlying problems. While these could have various causes, it's crucial to acknowledge them and initiate a conversation.

Verbal Cues: Direct statements expressing distress, hopelessness, or suicidal ideation require immediate attention. Even indirect comments about feeling overwhelmed, burdened, or worthless warrant a deeper conversation. Listen carefully to their words, both spoken and unspoken.

Changes in Routine: A significant change in work habits, school performance, or daily routines can be a telling sign. Is someone consistently late or absent? Have their grades plummeted? These are not necessarily indicative of a problem, but they warrant a check-in.

Your Intuition: Trust your gut feeling. If something feels off, it's worth investigating. You don't need concrete evidence; your concern is valid and warrants a wellness check.

1. Initiating the Conversation: Approaching with Sensitivity and Empathy

Starting the conversation is often the hardest part. Here's how to approach it with sensitivity and empathy:

Choose the Right Time and Place: Select a private and comfortable setting where the person feels safe and relaxed. Avoid public places or times when they might feel pressured.

Start Gently: Begin with a casual greeting and express your genuine concern. For example, "Hey [Name], I've noticed you've seemed a little down lately, and I wanted to check in and see how you're doing."

Active Listening: Let them talk without interruption. Show genuine interest and empathy by nodding, making eye contact (if comfortable for both of you), and reflecting their feelings back to them. Phrases like, "That sounds really difficult," or "I can see why you're feeling that way," can be incredibly validating.

Avoid Judgment: Create a safe space where they feel comfortable sharing without fear of judgment or criticism. Your goal is to listen and understand, not to offer unsolicited advice or solutions.

Open-Ended Questions: Instead of asking yes/no questions, use open-ended questions that encourage them to elaborate. For example, "How are you feeling overall?", "What's been going on lately?", or "Is there anything you'd like to talk about?"

1. Responding to Their Answers: Offering Support and Guidance

Once they've shared their experiences, your response is crucial:

Validate Their Feelings: Acknowledge their emotions without minimizing their experience. Let them know their feelings are valid and understandable.

Offer Practical Support: Depending on their needs, this might involve helping with errands, offering a listening ear, or connecting them with resources.

Set Realistic Expectations: Don't promise more than you can deliver. If you're not equipped to handle their situation, be honest about your limitations and offer to connect them with appropriate professionals.

Know Your Limits: You're not a therapist, and it's okay to admit when you need professional help. If you suspect serious mental health issues or suicidal thoughts, it's crucial to involve professionals immediately.

1. When Professional Help is Necessary

If you encounter any of the following during your wellness check, immediate professional intervention is vital:

Suicidal Thoughts or Self-Harm: This requires immediate action. Contact emergency services or a crisis hotline immediately.

Severe Mental Health Issues: Signs of severe depression, psychosis, or other serious mental health concerns warrant professional evaluation.

Substance Abuse: If substance abuse is a contributing factor to their distress, encourage them to seek professional help for addiction treatment.

Threats of Violence: If they express threats of violence towards themselves or others, it's imperative to contact the appropriate authorities.

1. Following Up: Maintaining Connection and Support

A single wellness check often isn't enough. Following up demonstrates your continued care and support:

Schedule regular check-ins: Maintain contact, even if it's just a brief message or phone call.

Offer ongoing support: Continue to be a source of strength and encouragement.

Respect their boundaries: If they need space, respect their wishes.

Celebrate their progress: Acknowledge and celebrate their achievements, no matter how small.

Conclusion:

Performing a wellness check on someone is an act of kindness and compassion. By taking the time to listen, observe, and offer support, you can make a significant difference in someone's life. Remember to prioritize your own well-being too; supporting others effectively requires self-care and awareness of your own limitations. If you're unsure about how to proceed, don't hesitate to seek guidance from mental health professionals or support groups. Your concern and action can save a life.

FAQs:

1. What if the person refuses to talk to me? Respect their decision, but let them know you're there for them if they change their mind. You could leave a note expressing your concern and offering continued support.
1. How do I handle a situation where the person is angry or defensive? Remain calm and empathetic. Acknowledge their feelings without engaging in an argument. You could say something like, "I understand you're feeling angry, and I want to help."
1. Is it okay to share information about someone's struggles with others? Only share information with others if you have the person's explicit permission. Maintaining confidentiality is essential.
1. What are some resources I can provide to someone struggling with their mental health? You can provide information about local mental health clinics, therapists, support groups, and crisis hotlines. Websites like the National Alliance on Mental Illness (NAMI) and the Substance Abuse and Mental Health Services Administration (SAMHSA) offer valuable resources.
1. What if I'm worried about someone but I don't know them well? Even a simple gesture, like offering a friendly smile or asking if they need help, can make a difference. If you are truly concerned, reaching out to a mutual acquaintance or authority figure might be appropriate.

how to do a wellness check on someone: Ask a Manager Alison Green, 2018-05-01 From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all

- you catch a colleague in a lie
- your boss seems unhappy with your work
- your cubemate's loud speakerphone is making you homicidal
- you got drunk at the holiday party

Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

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

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

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

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

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

how to do a wellness check on someone: Royal Rejection Luna Wilder, These Royals are about to fall hard. Come meet the Royal Shifters as they find their fated mates and their queens. Books included in this set are: Fated To Be Alpha Fated To Be King Fated To Be Mated Fated To Rule

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

how to do a wellness check on someone: The Royall Send-Off Kasey Michaels, 2020-02-04 Winifred Fassbinder was raised on a Pennsylvania farm that has been in her family since the 1700s. As the last surviving Fassbinder, however, she now resides at Royall Crest, an upscale 55-and-over slice of Heaven...or at least its residents hope Heaven can live up to their cushy lives at Royall Crest. But Winnie, who tries to be as uninvolved in other people's lives as possible, has begun to wonder if some of the Charter Members at Royall Crest aren't finding out about the real Heaven in oddly increasing numbers. As a Charter Member herself, Winnie figures it might be time she does a little investigating. Yet even as she wonders how to do that, she's faced with a weepy but adorable Pollyanna, a runaway murder suspect with an attitude, a floater in one of the Royall Crest hot tubs, a Bad Boy with good intentions, and a cop who just wants to slide into retirement without complications. Written in the vein of Kasey's Maggie Kelly bestselling mystery series, the crimes are off-the-wall, the cast of characters wacky but loveable creations of her fertile imagination and love of the ludicrous. Only this time, the Senior Set gets into the act!

how to do a wellness check on someone: Once a Giant Gary Myers, 2023-09-12 The inside story of the Super Bowl champion 1986 Giants, the extraordinary friendships that resulted--and stunning revelations about the hardships they faced, based on new interviews with Bill Parcells, Phil Simms, Mark Bavaro, and Bill Belichick. The 1986 New York Giants are legendary. A championship team coached by Bill Parcells and his wunderkind assistant Bill Belichick, featuring future Hall of Famers and All-Pros like Phil Simms, Lawrence Taylor, Mark Bavaro, and Harry Carson. They were dominant on the field and formed a unique and lasting bond off of it. More than thirty years later, it's the friendships that have proved more important--a matter of life and death. In Once a Giant, bestselling football writer Gary Myers tells the story of that team and what became of it. Gridiron glory eventually faded; chronic pain, addiction, and in some cases crimes have followed. Many football players face these harsh realities, but the Giants have confronted and survived them together. With unprecedented access, Myers dives into such issues as Mark Bavaro's battle with

injuries, the breakup and reconciliation of Parcells and Belichick, and Lawrence Taylor's struggles with sobriety. He creates a never-before-seen portrait of the team's run to the title, and their even more challenging fight to live after it ended.

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

how to do a wellness check on someone: *Broken Promises* Deja Black, Beta Kristoff Dumanovsky has loved his alpha, Jeremiah Tolliver, for years. However, Jeremiah wasn't ready to move on from the love he still had for his dead wife. When tragedy struck, Kristoff blamed his focus and left not only the Iroquois Pack but Jeremiah as well. When Stefan Mukhankin, an enemy from Kristoff's past threatens his safety, Jeremiah uses this as a reason to try and bring Kristoff home. It won't be an easy battle. Kristoff's survived before and feels he'll survive again. He was trained to elude the enemy even if it's the man he loves, so Jeremiah is in for the fight of their lives. Can an alpha help his mate believe their bond is true, or will his mate find yet another place to run?

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

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

how to do a wellness check on someone: *A Brief History of Stigma* Ashley L. Peterson,

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

how to do a wellness check on someone: Blood Sisters Dharma Kelleher, 2020-10-15 A powerful senator concealing a scandal. A ruthless biker gang with a grudge. One woman defies them all to ensure the truth is told. Shea Stevens fears an impending biker gang war could destroy her family. A year after she put a rival club behind bars, Shea is blindsided when a crooked senator gets them out of prison. When the senator's former mistress begs for protection, Shea and her own sisterhood of female bikers rally to defend the woman from the merciless gang sent to silence her. But as violence rocks the once-quiet streets of rural Arizona and long-kept secrets are exposed, Shea fears losing the one person she treasures most. Her young niece. Can Shea protect both women from a crooked senator and the bloodthirsty biker gang bent on revenge? Blood Sisters is the gripping third book in the Shea Stevens Outlaw Biker crime thriller series. If you like full-throttle action, heart-pounding intrigue, and exciting tales where queer women join forces and kick ass, then you'll love Dharma Kelleher's thrilling story of high-octane girl power. Buy Blood Sisters today and join Shea as she fights for justice and truth.

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

how to do a wellness check on someone: Ruby Finley vs. the Interstellar Invasion K. Tempest Bradford, 2022-09-27 Ruby Finley vs. the Interstellar Invasion is a backyard adventure-mystery by debut children's author K. Tempest Bradford, perfect for fans of Clean Getaway, The Last Last Day of Summer, and Sideways School. Eleven-year-old Ruby is a Black girl who loves studying insects and would do just about anything to be an entomologist, much to the grossed-out dismay of her Gramma. Ruby knows everything there is to know about insects so when she finds the weirdest bug she's ever seen in her front yard, she makes sure no one is looking and captures it for further study. But then Ruby realizes that the creature isn't just a regular bug. And it has promptly burned a hole through her window and disappeared. Soon, random things around the neighborhood go missing, and no one's heard from the old lady down the street for a week. Ruby and her friends will have to recover the strange bug before the feds do. Ruby is the science hero we've all been waiting for!

how to do a wellness check on someone: Her Lost and Found Baby Tara Taylor Quinn, 2018-08-01 Friends. Without benefits. They both agreed. Until she stole his heart. Tabitha Jones will find her kidnapped toddler...even if it means searching every daycare in Southern California. So when her hunky, wealthy neighbor, Johnny Brubaker, offers a deal, Tabitha sees it as an ideal way to expand her search. In exchange for working his food truck, Johnny agrees to pose as Tabitha's

husband. It's the perfect relationship...until Johnny realizes posing as a family man isn't enough anymore.

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

how to do a wellness check on someone: The Melting Man Stephen Wise, 2021-09-21 Detective Peale had dealt with Todd and Lori Harlin over the years, as their drinking often turned to violence toward one another. One night, Todd confesses to Peale that he has killed his wife, then weaves a tale about a mysterious substance he found in a warehouse and its horrific effects when exposed to flesh. Stephen Wise brings you this dark tale, a cross between a noirish detective thriller and body horror that will keep you turning the page.

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

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

how to do a wellness check on someone: Fated To Be Mated Luna Wilder, She's not looking to date. I was backpacking my way through Europe with my friend. It was supposed to be an adventure, one last carefree trip before we started our grown-up lives. Then I meet King Romer, and things start to get serious really fast. Now I'm a captive of the King, and he's determined to make me his Queen. He's not letting her go. I've grown bored of the quiet life ruling my pack. My Kingdom is cut off from the rest of Scotland by the mountains, and nothing much ever happens here. Then I meet Ren, and I can tell that things are about to get a lot more interesting. I know she's my fated mate, but she's a human, and telling her about shifters would just freak her out. She's fighting me every step of the way, but that's okay. I have a plan to make sure that Ren stays with me. Forever.

how to do a wellness check on someone: The Policing Machine Tony Cheng, 2024-01-08 A

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

how to do a wellness check on someone: *Dirty Liar* Marissa Finch, 2023-05-08 A WALK IN THE WOODS TURNS INTO A DEADLY NIGHTMARE... The forest is my happy place. A chance to get away from my stifling apartment, the sweat of the city, a job I hate. A Sunday morning hiking in the woods with my dog is a dream come true ... until it becomes a waking nightmare. I don't see the hole until it's too late. Then I'm at the bottom of it, staring up at the ground twelve feet above me. A stupid accident. Or was it? Because soon, someone's bringing me food and water. Someone who doesn't want me to see his face. Someone who knows what I did. Out there, someone wants revenge. And down here, at the bottom of a hole, a lifetime of lies is about to unravel... A gripping psychological thriller with one twist after another ... Guaranteed to keep you turning pages long into the night! KEYWORDS: Psychological thriller, domestic thriller, strong female protagonist, page turner, twist, stalker, Seattle,

how to do a wellness check on someone: *Autopsy* Patricia Cornwell, 2021-11-30 New York Times Bestseller In this relaunch of the electrifying, landmark #1 bestselling thriller series, chief medical examiner Dr. Kay Scarpetta hunts those responsible for two wildly divergent and chilling murders. Forensic pathologist Dr. Kay Scarpetta has come almost full circle, returning to Virginia, the state where she launched her storied career, as the chief medical examiner. Finding herself the new girl in town once again after being away for many years, she's inherited both an overbearing secretary and a legacy of neglect and potential corruption. She and her husband, Benton Wesley, now a forensic psychologist with the U.S. Secret Service, have relocated to Old Town Alexandria, where she's headquartered five miles from the Pentagon in a post-pandemic world that's been torn apart by civil and political unrest. After just weeks on the job, she's called to a scene by railroad tracks—a woman's body has been shockingly displayed, her throat cut down to the spine—and as Scarpetta begins to follow the trail, it leads unnervingly close to her own historic neighborhood. At the same time, a catastrophe occurs in a top secret laboratory in outer space, endangering at least two scientists aboard. Appointed to the highly classified Doomsday Commission that specializes in sensitive national security cases, Scarpetta is summoned to the White House and tasked with finding out exactly what happened. But even as she remotely works the first potential crime scene in space, an apparent serial killer strikes again very close to home. This latest novel in the groundbreaking Kay Scarpetta series captivates readers with the shocking twists, high-wire tension, and forensic detail that Patricia Cornwell is famous for, proving once again why she's the world's #1 bestselling crime writer.

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

how to do a wellness check on someone: *Caring for People with Mental Health and*

Substance Use Disorders in Primary Care Settings National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Sciences Policy, Board on Health Care Services, Forum on Mental Health and Substance Use Disorders, 2021-01-30 Behavioral health conditions, which include mental health and substance use disorders, affect approximately 20 percent of Americans. Of those with a substance use disorder, approximately 60 percent also have a mental health disorder. As many as 80 percent of patients with behavioral health conditions seek treatment in emergency rooms and primary care clinics, and between 60 and 70 percent of them are discharged without receiving behavioral health care services. More than two-thirds of primary care providers report that they are unable to connect patients with behavioral health providers because of a shortage of mental health providers and health insurance barriers. Part of the explanation for the lack of access to care lies in a historical legacy of discrimination and stigma that makes people reluctant to seek help and also led to segregated and inhumane services for those facing mental health and substance use disorders. In an effort to understanding the challenges and opportunities of providing essential components of care for people with mental health and substance use disorders in primary care settings, the National Academies of Sciences, Engineering, and Medicine's Forum on Mental Health and Substance Use Disorders convened three webinars held on June 3, July 29, and August 26, 2020. The webinars addressed efforts to define essential components of care for people with mental health and substance use disorders in the primary care setting for depression, alcohol use disorders, and opioid use disorders; opportunities to build the health care workforce and delivery models that incorporate those essential components of care; and financial incentives and payment structures to support the implementation of those care models, including value-based payment strategies and practice-level incentives. This publication summarizes the presentations and discussion of the webinars.

how to do a wellness check on someone: Give up the Ghost Jane Hinchey, 2020-05-31 Never in my almost thirty years did I think my new normal would be talking to ghosts, yet here we are. After inheriting a PI business, I find my clients are more incorporeal than not and are relying on me to solve their untimely deaths. Unfortunately, being a magnet for ghosts has its downside. Hello? Lack of privacy, for starters. Not to mention looking like a looney tune for holding animated conversations with myself. But the biggest problem? Their killers don't want me on the case. Now I have a new mystery to solve. Local psychic Myra Hansen woke up dead, and she's none too happy about it. Seems she didn't see that one coming! Together with my ghostly best friend, a talking cat, and Captain Cowboy Hot Pants—or, as he likes to be called, Detective Kade Galloway—I'm in yet another race against time. Catch a killer before the killer catches me. Join Audrey Fitzgerald in the Ghost Detective series, a paranormal cozy mystery featuring a talking cat, a ghost, and a murder to solve.

how to do a wellness check on someone: No Place to Hyde Robbie Cox, 2021-10-10 It wouldn't be a holiday in Bull Creek without something going wrong, and this Halloween is no different. Shifters are disappearing, and when one of the bodies is discovered with fang marks in its neck, Josh Rayburn believes the vampires are involved and the peace between the factions broken. Of course, he struggles to explain the massive monster carrying the body. Karena Hahn, leader of the vampire coven on the Fringe of Bull Creek, has kept her secret for decades, but now it might be time to reveal her true nature as corpses of the shifter community start popping up. But is Bull Creek ready to know about the Agamidae? And what of the monster tracking her? A war between the factions threatens to break out unless Dimitri Everest, Alpha of Bull Creek, can stop it and prove it's not the vampires killing shifters. However, a new witch moves into his community, and she has no use for an Alpha. The beast, a conglomerate of shifters by all appearances, isn't satisfied with what he has and now wants more. Yet, no one can find this creature, a monster more powerful than them all, and quite possibly the dragon no one even knew lived in Bull Creek. And all while Josh plans their first Halloween Festival. No Place to Hyde promises to be a suspenseful, paranormal adventure of Jekyll and Hyde proportions. One-click now for the ride of your life this Halloween. Continue the series with: Book 2: Sassy Claws Search keywords: bear shifter, panther shifter, paranormal

romance, werebear, shifter romance, alpha male, action, adventure, female protagonist, novel, romance ebook, escape from abuse, love, mates, ménage, paranormal romance with sex, new adult romance, fated love, series, fantasy, steamy romance, paranormal romance books for adults, shapeshifter, Greek mythology, why choose romance, second chance romance, vampires, witches, magic, wolf shifter, paranormal towns, small town romance, family saga, strong female lead, suspense, thriller, mythological creatures, magical realms, dragons, dragon shifters,

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

how to do a wellness check on someone: Gift Horse Terri Martin, 2024-08-25 Tucked away in Michigan's Upper Peninsula, the village of Peshekee has more to worry about than the long winters and steelhead fishing. Scandal and a suspicious death or two visit the rural village, setting speculation and gossip into motion. After her post-college career collapses, Kat Wilde finds herself living with the family cat in her parents' basement. With no other prospects on the horizon, Kat is offered a gift she can't refuse: inheriting her late uncle's failed equine venture, Wildwood Stables. There, she sees hope for regaining independence from a pity job at Dad's accounting firm. Attracting the attention of Nikko Olsen, a local woods cop, leads to unconventional romance and adventure. The discovery of a corpse, along with disturbing encounters at the old horse campground, launches a spate of entanglements that unravel as Kat stumbles onto family sins and secrets. I want to be Terri Martin's Kat Wilde in Gift Horse: the reluctant recipient of a run-down horse boarding stable whose spirit is exceeded only by her heart! Thrown by the discovery of a dead body in her barn, Kat is determined to solve the mystery, aided and abetted by a host of endearingly wacky characters. Martin's Gift Horse is a pleasure ride, with enough bumps, turns and twists in the trail to keep the reader glued to the saddle -- right up until a very satisfying ending. -- Nancy Besonen, author of Off the Hook Kat Wilde, a Gen Z woman trying to find a life in the rugged wilderness of the U.P., stumbles into an unlikely inheritance that reignites the fire of her forgotten youthful passion for horses. She is a down-to-earth heroine I rooted for at every turn, as she and new beau, Nikko Olsen, unravel the schemes of a murderer and impostor. -- Victor Volkman, Marquette Monthly I thoroughly enjoyed meeting Kat Wilde, our guide through the landscape of Gift Horse. Her humorous choice of language comes through - even during the most desperate events, of which there are many. Things start with a few signs of danger and soon grow into dead bodies and blackmail. -- Bob Rich, author of Hit and Run Learn more at www.TerriLynnMartin.com From Modern History Press

how to do a wellness check on someone: Paint Me a Murder Olive Balla, 2022-08-10 After witnessing a prelude to murder, Robin Marcato is abducted and locked inside an old, abandoned car's trunk. She's wounded, dehydrated, and hungry...and a blizzard is coming. In the absence of a trunk release, her only hope is a text sent from her dying cell phone to a detective friend. But as hours pass, Robin realizes she must find a way to escape before she starves, freezes...or her attacker returns to finish her off. And the clock is ticking.

how to do a wellness check on someone: 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 do a wellness check on someone: The Black Experience in Design Anne H. Berry, Kareem Collie, Penina Acayo Laker, Lesley-Ann Noel, Jennifer Rittner, Kelly Walters, 2022-02-01 The

Black Experience in Design spotlights teaching practices, research, stories, and conversations from a Black/African diasporic lens. Excluded from traditional design history and educational canons that heavily favor European modernist influences, the work and experiences of Black designers have been systematically overlooked in the profession for decades. However, given the national focus on diversity, equity, and inclusion in the aftermath of the nationwide Black Lives Matter protests in the United States, educators, practitioners, and students now have the opportunity—as well as the social and political momentum—to make long-term, systemic changes in design education, research, and practice, reclaiming the contributions of Black designers in the process. The Black Experience in Design, an anthology centering a range of perspectives, spotlights teaching practices, research, stories, and conversations from a Black/African diasporic lens. Through the voices represented, this text exemplifies the inherently collaborative and multidisciplinary nature of design, providing access to ideas and topics for a variety of audiences, meeting people as they are and wherever they are in their knowledge about design. Ultimately, The Black Experience in Design serves as both inspiration and a catalyst for the next generation of creative minds tasked with imagining, shaping, and designing our future.

how to do a wellness check on someone: Congressional Record United States. Congress, 2011 The Congressional Record is the official record of the proceedings and debates of the United States Congress. It is published daily when Congress is in session. The Congressional Record began publication in 1873. Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States (1789-1824), the Register of Debates in Congress (1824-1837), and the Congressional Globe (1833-1873)

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

how to do a wellness check on someone: *I Will Follow* Eireann Corrigan, 2024-02-06 It's every influencers biggest nightmare when a follower decides to kidnap her TikTok hero in order to become her BFF and a big star herself. Like Stephen King's Misery... for the TikTok generation. The first time Nora saw one of Shea's videos on TikTok, something just clicked. You know how you can see someone and know you're supposed to be in each other's lives? Well, that's how Nora felt. She knows Shea is a big star, with nearly a million followers, and Nora isn't. But, really, all Nora needs is her own viral moment. And who better to help her with that than Shea If life isn't going to give Nora entry into Shea's world, Nora's going to have to take matters into her own hands. Meeting Shea. Kidnapping her. Holding her hostage until Shea finally understands... They are meant to be best, best friends.

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

grounds the surreal glamour of Calabasas with reflections on her own coming-of-age, sharing her teenage misadventures as she struggles to fit in, faces crushing social pressure, and eventually makes her own way.

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