

how to request a wellness check on someone

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

Worried about a friend, family member, or colleague? Feeling that something isn't quite right, but unsure how to proceed? You're not alone. Many people face this dilemma, unsure of the best way to discreetly and effectively check on someone's well-being. This comprehensive guide will walk you through the process of requesting a wellness check, offering step-by-step instructions and valuable advice to navigate this sensitive situation. We'll cover various scenarios, from informal checks to formal requests with law enforcement, ensuring you have the tools to act responsibly and effectively.

Understanding the Urgency: Assessing the Situation

Before you jump into action, take a moment to honestly assess the situation. How urgent is the concern? Are we talking about a simple "haven't heard from them in a while" worry, or is there an immediate threat to their safety? The level of urgency dictates the approach you should take.

Low Urgency: Perhaps you haven't heard from your aunt in a few days, and it's unusual. This calls for a gentler, more informal approach. A simple phone call or text message might suffice.

Medium Urgency: You've received concerning messages or calls, or a mutual friend has expressed worry. This warrants a more proactive approach, perhaps involving reaching out to others who know the person or considering contacting their close family.

High Urgency: The individual is exhibiting signs of self-harm, expressing suicidal ideation, or is in an immediately dangerous situation. This requires immediate action, and contacting emergency services is crucial.

Informal Wellness Checks: Starting with Direct Communication

For situations with low to medium urgency, attempting direct contact is your first step. A simple phone call or text message expressing your concern can be surprisingly effective.

Keep it Casual (But Concerned): "Hey [Name], just checking in. How are you doing? Haven't heard from you in a while and wanted to see how things are going."

Listen Actively: If they answer, listen carefully to their tone and what they say. Don't interrupt, but be attentive to any underlying distress.

Offer Support: Let them know you're there for them, offering specific forms of support like a phone call, visit, or simply lending an ear.

Don't Push Too Hard: If they're resistant or unwilling to talk, respect their boundaries. You can still express your care and suggest checking in again later.

Escalating the Concern: Engaging Mutual Friends and Family

If direct contact proves unsuccessful or reveals serious concerns, involve others who are close to the individual. They may have insights or be able to offer support.

Shared Concerns: Talk to mutual friends or family members who might also be worried. A shared concern can lend weight and provide a more comprehensive picture.

Collaborative Approach: Work together to devise a plan. This could involve making more phone calls, visiting their home, or reaching out to their doctor.

Formal Wellness Checks: When to Involve Law Enforcement

For high-urgency situations involving immediate danger or threats of self-harm, contacting emergency services is paramount.

Dial 911 (or your local emergency number): Explain the situation clearly and concisely, providing as much relevant information as possible: the individual's name, address, phone number, any specific threats, and any relevant medical history.

Provide Context: Explain your relationship to the individual and why you're concerned.

Stay on the Line: Follow the dispatcher's instructions carefully and remain available to answer any questions.

Documentation is Key: Keeping a Record of Your Actions

Throughout the process, maintain a record of your actions. This could include:

Dates and times of contacts: Note when you contacted the person, who you spoke to, and what was discussed.

Copies of messages: Save text messages, emails, or voicemails as evidence of your concern.

Names and contact information: Keep a record of anyone you've contacted regarding the situation.

This documentation can be invaluable if the situation escalates and requires further intervention.

Protecting Yourself: Setting Boundaries and Seeking Support

Remember to prioritize your own well-being. Dealing with someone's potential crisis can be emotionally draining.

Set Boundaries: Don't feel obligated to handle everything alone. Seek support from friends, family, or a mental health professional.

Self-Care: Prioritize activities that help you manage stress and maintain your mental health.

Conclusion

Requesting a wellness check can be a challenging but necessary act of care. By following these steps and tailoring your approach to the specific situation, you can effectively express your concern and help someone in need. Remember, your actions can make a real difference, and it's always better to err on the side of caution.

FAQs

Q1: What if the person refuses help?

A1: Respect their autonomy. While it's frustrating, you can't force someone to accept help. Continue to express your care and let them know you're there for them if they change their mind.

Q2: Can I request a wellness check anonymously?

A2: The ability to request a wellness check anonymously varies depending on your location and the circumstances. When contacting emergency services, they may require identifying information. For less urgent situations, you might be able to reach out indirectly through mutual friends or family.

Q3: What information should I provide to emergency services?

A3: Provide the person's full name, address, phone number, a description of their appearance, the nature of the emergency (e.g., suicidal thoughts, self-harm), and any relevant medical information.

Q4: What if I'm concerned about someone's mental health, but they aren't in

immediate danger?

A4: You can encourage them to seek professional help by recommending resources like mental health helplines, therapists, or their primary care physician.

Q5: What if I'm unsure if the situation is urgent enough to call emergency services?

A5: When in doubt, it's always better to err on the side of caution and contact emergency services. They can assess the situation and determine the appropriate course of action.

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

how to request a wellness check on someone: Someone Changed Her Mind Fran Gale, 2022-07-14 When a mother discovers her daughter's car abandoned in the driveway, a struggle is triggered between the mother and a shadow community determined to separate the daughter from her family. Mother and daughter embark on separate, but parallel, journeys of uncertainty, mystery, pain, and mistrust. Readers will follow the mother's struggle to reach her daughter, while finding few answers from the legal, mental health, and faith communities. As accusations abound and perpetrators are insinuated, one wonders, in the end, who are the real victims?

how to request a wellness check on someone: 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 request a wellness check on someone: State of Bliss Marie Force, 2023-12-25 When you have their jobs, there's no such thing as a peaceful vacation... Sam and Nick are ready to get out of DC—and the White House—for a much-needed vacation to celebrate their second anniversary. Due to ongoing political pressures, they decide to scuttle their plans for a return to Bora Bora to stay closer to home at their favorite oceanfront house at Dewey Beach in Delaware. But before they can make their escape, Sam is summoned back to work to deal with yet another crisis in the ongoing investigation into former Lieutenant Stahl. Just when they think they've seen the full scope of his depravity, there is more. Sam leaves Gonzo, Freddie and the rest of the squad in charge of a new investigation of a murdered college student while Gigi and Cameron deal with the Internal Affairs Board and plot their strategy to deal with a lawsuit from the Patrick family. Meanwhile, Nick's mother is working on a plea deal with an unexpected new advocate who wants her to reconcile with her estranged son. As always for the first couple, nothing ever goes according to plan, but the chance to spend a week mostly alone is just what they needed until their children, family and friends join them for the final weekend at the beach. It's March in Dewey, and Sam and Nick are snuggling in front of the fire as they prepare to begin their third year of marriage. Happy holidays from Marie, Sam and Nick as STATE OF BLISS releases Christmas week!

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

how to request a wellness check on someone: When She Wasn't Looking HelenKay Dimon, 2012-05-01 No woman could deny the appeal of the sexy deputy sheriff Jonas Porter. But to Courtney Allen, Jonas has one major flaw—his badge. Years ago, Courtney's father was wrongfully convicted of a crime and she vowed to never trust a cop again. But when Jonas becomes the only man to believe in her father's innocence, Courtney begins seeing the brooding lawman in a whole new way. Jonas knows in his gut that the real killer is still out there and determined to finish what he started long ago. To protect Courtney and bring the criminal to justice will require all the skills he can muster. And that means focusing on the job. Not the woman who makes him forget his troublesome past and arouses in him a passion that is anything but professional.

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

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

how to request 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 request a wellness check on someone: Wonder Boy Angel Au-Yeung, David Jeans, 2023-04-25 A Financial Times best business book of 2023 In 1998, at the age of 24, Tony Hsieh sold his first company to Microsoft for \$265 million. In 2009, at the age of 35, he sold his e-commerce company, Zappos, to Amazon for \$1.2 billion. In 2020, at the age of 46, he died. Tony Hsieh revolutionized both the tech world and corporate culture. He was a business visionary. He was also a man in search of happiness. So why did it all go so wrong? Tony Hsieh's first successful venture was in middle school, selling personalized buttons. At Harvard, he made a profit compiling and selling study guides. From there, he went on to build the billion-dollar online shoe empire of Zappos. The secret to his success? Making his employees happy. At its peak, Zappos's employee-friendly culture was so famous across the tech industry that it inspired copycats and earned a cult following. Then Hsieh moved the Zappos headquarters to Las Vegas, where he personally funded a nine-figure campaign to revitalize the city's historic downtown area. But as Hsieh fell deeper into his struggles with mental health and drug addiction, the people making up his inner circle began changing from friends to enablers. Drawing on hundreds of interviews with a wide range of people whose lives Hsieh touched, journalists Angel Au-Yeung and David Jeans craft a rich portrait of a man who was plagued by his eternal search for happiness and ultimately succumbed to his own demons.

how to request a wellness check on someone: The Shell of Me Donna Patricia Castle, 2024-05-13 "Your life has had and still has beautiful things in it, but there are lots of weeds. You pull the weeds out, and for just a little while, everything is beautiful again. Then come the new weeds, and you must pull those out too." When Pat Castle was a little girl, her beautiful childhood came crashing down in an instant due to the violent act of a man she trusted. Told with raw and unflinching honesty, this gripping memoir bravely recounts how Pat's life was forever altered by the haunting echoes of Childhood Sexual Abuse (CSA). As the narrative weaves between cherished memories and the shadows of her past, readers come to understand how Pat navigated the aftermath of the abuse she faced—battling anger issues, fractured relationships, infertility, and PTSD. Amidst the chaos, Pat clings to the one place that always offered solace—the shores of Lake Manitoba. The vast expanse of water becomes a mirror to her journey, with the raging waves reflecting the turbulence within her soul. It is here that she discovers a remarkable resiliency within herself. Supported by meticulous research on CSA survivors, *The Shell of Me* is a powerful testament to the human spirit's capacity to survive in the face of unimaginable adversity. Even in the darkest moments, strength and determination prevails.

how to request a wellness check on someone: *Occupations Code* Texas, 1999

how to request a wellness check on someone: The Education of a Coroner John Bateson, 2017-08-15 An "entertaining" (Booklist) account of the mysterious, hair-raising, and heartbreaking cases handled by the coroner of Marin County, California throughout his four decades on the job—from high-profile deaths and serial killers to inmate murders and Golden Gate Bridge suicides. Marin County, California is a study in contradictions. Its natural beauty attracts celebrity residents and thousands of visitors every year, yet the county also is home to San Quentin Prison, one of the oldest and largest penitentiaries in the United States. Marin ranks in the top one percent of counties nationwide in terms of affluence and overall health, yet it is far above the norm in drug overdoses and alcoholism, not to mention the large percentage of suicides that occur on the Golden Gate Bridge. Ken Holmes worked in the Marin County Coroner's Office for thirty-six years, starting as a death investigator and ending as the three-term, elected coroner. As he grew into the job—one that is far different from the forensics we see on television—Holmes learned a variety of skills, from finding hidden clues at death scenes, interviewing witnesses effectively, managing bystanders and reporters, and preparing testimony for court to how to notify families of a death with sensitivity and compassion. He also learned about different kinds of firearms, all types of drugs—prescription and illegal—and about certain unexpected and potentially fatal phenomena, such as autoeroticism. Complete with poignant anecdotes, *The Education of a Coroner* is "riveting and complex...supremely entertaining reading material and...a fascinating and wildly informative dive into the mysterious world of death and decay" (Kirkus Reviews).

how to request a wellness check on someone: Murder at an Irish Bakery Carlene O'Connor, 2023-08-14 Someone has served up a show-stopping murder... In Kilbane, conflicting opinions are plentiful. There's one thing everyone agrees on though - the nearby bakery is the best in County Cork. It's no wonder they're about to be featured on a reality baking show. But the competitors aren't all as sweet as their confections. There are shenanigans on the first day of filming that put everyone on edge. But they're nothing compared to day two, when the first round ends and the top contestant is found face-down in her signature pie. The producers decide to continue filming while Siobhán and her husband, Garda Macdara Flannery, sift through the suspects. Was this a case of rivalry turned lethal, or are their other motives hidden in the mix? And can they uncover the truth before another baker is eliminated permanently? A fun cosy mystery for fans of Dee MacDonald and Frances Evesham.

how to request a wellness check on someone: *Star Cruise Dream Dancer* Veronica Scott, 2024-04-11 Micki Allwell is a Comettes dancer aboard the luxurious interstellar cruise liner Nebula Zephyr. She's offered the opportunity to take part in a celebrity dance contest to be held on the ship but her partner is a billionaire without dance experience or much interest in the contest, which his powerful family has pressured him to enter for their own reasons. Josh Benfield has a galaxy of business deals going on every hour of the day, all over the Sectors. He has no time for dancing but his professional partner is an intriguing woman who insists he take the competition seriously. He knows she has secrets and he's intrigued. The intimacy of partnering in dance sparks a romance between the two of them but how long can it last? Will seven weeks of competition in close quarters aboard the ship be enough to make Micki and Josh permanent partners? Or will the stark differences in their lives and pasts lead to heartbreak? And who is going to take home the trophy? This 54K word novel is the latest in the Star Cruise series. Have you booked your Star Cruise yet?

how to request a wellness check on someone: *Woman's Welfare* , 1905

how to request a wellness check on someone: *The Last Straw* Sharon Sala, 2021-02-23 In the crosshairs of a killer... PI Charlie Dodge may be down, but he's most definitely not out. He's still reeling after a series of earth-shattering events, so when a desperate woman hires Dodge Investigations to find her missing sister, the head-scratcher of a case is exactly the distraction Charlie and his steadfast partner, Wyrick, need. Two days prior, Rachel Dean disappeared without a trace from her locked-from-the-inside Dallas apartment, and every possible trail has gone cold. Grappling with the fallout of her efforts to dismantle the shadowy organization Universal Theorem, Wyrick throws herself into her investigative work. Charlie knows his partner can handle herself, but when she uncovers a past connection that paints a target on her back, the threat of losing her hits Charlie hard. There's nothing he wouldn't do to keep Wyrick safe, but with the clock ticking on a victim they've yet to find, it's only a matter of time before the cold-blooded killer leads them to a deadly end. The Jigsaw Files Book 1: The Missing Piece Book 2: Second Sight Book 3: Blind Faith Book 4: The Last Straw

how to request a wellness check on someone: *Christmas Amnesia* Laura Scott, 2017-10-01 MISTLETOE MEMORY LOSS Assaulted a week before a high-profile drug trafficking trial, assistant district attorney Madison Callahan narrowly escapes death...but suffers amnesia. Now, when she can't recall the identity of her attacker, everyone is suspect—except the handsome policeman who saved her. Officer Noah Sinclair will do anything to bring the mob-connected drug trafficker to justice, including providing personal protection to Madison—the sister of the partner he nearly got killed. But helping her regain her memory may end their unlikely alliance because once she remembers him, Noah might be the last man she'll want to rely on. As the trial looms and with the assailant dead set on ensuring that Madison doesn't survive to see Christmas, it'll take everything Noah's got to keep Madison alive.

how to request a wellness check on someone: *Nothing but the Truth* Robyn Gigl, 2024-06-10 Fans of *The Good Wife* and *Anatomy of a Scandal* will devour this edgy page-turner, as Erin McCabe discovers that getting to the truth can be deadly... New Jersey State Trooper Jon Mazer has been charged with killing Black investigative reporter Stewart Marshall in a racially charged,

headline-making murder. The evidence against criminal defense attorney Erin McCabe's new client is overwhelming. The gun used is Mazer's off-duty weapon. Fingerprints and carpet fibers link Mazer to the crime. And Mazer was patrolling Marshall's neighborhood shortly before the victim took three bullets to the chest. Mazer's argument? He's a gay officer being set up to take the fall in an even bigger story. Mazer swears he was a secret source for Marshall's exposé about the Lords of Discipline. The covert gang operating within the New Jersey State Police is notorious for enforcing their own code of harassing women, framing minorities, and out-powering any troopers who don't play their rogue and racist games. With everyone from the governor to the county prosecutor on the wrong side of justice, Erin and her partner, Duane Swisher, are prepared to do anything to make sure Mazer doesn't become another victim. As Erin deals with an intensely personal issue at home, and faces an uphill battle to prove her client's innocence, both she and Duane find themselves mired in a conspiracy of corruption deeper than they imagined - and far more dangerous than they feared. A propulsive and timely thriller about murder, prejudice, and police corruption, perfect for fans of J.A. Jance, Scott Turow, Lisa Unger, and Renee James. 'Taut and powerful. Gigl's latest legal thriller combines the very best of courtroom drama, unexpected twists and thought-provoking characters. Erin McCabe is my new favorite series character - crazy clever, quietly powerful and always compelling. Don't miss this series!' - Lisa Gardner, #1 New York Times bestselling author 'Powerfully written and completely immersive, this revealing (and heartbreaking) legal thriller had me absolutely hooked. Compelling, twisty, and utterly life-changing. Robyn Gigl's insight and compassion are unmatched, and her storytelling skill will have you turning the pages as fast as you can' - Hank Phillippi Ryan, USA Today bestselling author

how to request a wellness check on someone: Strange Days Constantine J. Singer, 2018-12-04 Contemporary fiction with a sci-fi edge, perfect for fans of Ernest Cline and Marie Lu. Alex Mata doesn't want to worry about rumors of alien incursions--he'd rather just skate and tag and play guitar. But when he comes home to find an alien has murdered his parents, he's forced to confront a new reality: aliens are real, his parents are dead, and nobody will believe him if he tells. On the run, Alex finds himself led to the compound of tech guru Jeffrey Sabazios, the only public figure who stands firm in his belief that aliens are coming. At Sabazios's invitation, Alex becomes a Witness, one of a special group of teens gifted with an ability that could save the Earth: they can glide through time and witness futures. When a Witness sees a future, that guarantees it will happen the way it's been seen, making their work humanity's best hope for stopping the alien threat. Guided by Sabazios, befriended by his fellow time travelers, and maybe even falling in love, Alex starts feeling like the compound is a real home--until a rogue glide shows him the dangerous truth about his new situation. Now in a race against time, Alex is forced to reevaluate who he can love, who he can trust, and who he needs to leave behind. Debut author Constantine Singer's fresh-voiced protagonist leaps off the page in this captivating novel that weaves sci-fi and contemporary fiction.

how to request a wellness check on someone: Murder in Italy Candace Dempsey, 2010-04-27 The true story behind the notorious international murder--updated to cover Amanda Knox's acquittal. In Perugia, Italy, on November 2, 2007, police discovered the body of a British college student stabbed to death in her bedroom. The prosecutor alleged that the brutal murder had occurred during a drug-fueled sex game gone wrong. Her housemate, American honor student Amanda Knox, quickly became the prime suspect and soon found herself the star of a sensational international story, both vilified and eroticized by the tabloids and the Internet. Award-winning journalist Candace Dempsey gives readers a front-row seat at the trial and reveals the real story behind the media frenzy. Beautifully researched, well-written, and clearly organized. Dempsey was the first journalist in the United States to raise questions about the Amanda Knox case, and the first to look deeply into the facts and begin to uncover the shocking truth. If you want to know the real story . you must read this book, reprinted after Knox's acquittal with a new ending.-Douglas Preston, New York Times bestselling author (with Mario Spezi) of The Monster of Florence

how to request a wellness check on someone: The Psychology of Police Deadly Force Encounters Laurence Miller, 2020-02-11 The Psychology of Police Deadly Force Encounters:

Science, Practice, and Police is a fascinating look into the reality of police work. The author integrates noted theories into a “street-wise” understanding of being a police officer. The focus of this book is on the use of deadly force by officers—a topic of considerable importance. The author discusses the psychosocial aspects of deadly force use, stemming from the individual officer, the situation, organizational influences, and the police culture. Expanding further into social issues, the controversial topic of race and use of deadly force is discussed. This depiction looks at both sides—that of racial victimization and that of the police—which helps to provide a rather unique perspective on this important issue. Of interest, the author breaks down the different dimensions of cognition as a factor in decision making among police, including the perception of the situation, the action taken depending on that perception, and the role of present and past memory. This will make for a useful training topic to alert officers to the cognitive processes that go into deadly force use—processes that they have the control to change to make a better decision. Next, the book delves into the biological factors that may be involved in police decision making—again where deadly force is involved. The various negative psychological impacts that a deadly force situation may bring about are identified and explained. This book will be useful as a tool for both law enforcement practitioners and researchers to better understand the intricacies of deadly force by the police. For researchers, the book has a multitude of references available for further exploration. It will prove to be a useful guide and reference volume for police managers and supervisors, mental health clinicians, investigators, attorneys, judges, law enforcement educators and trainers, rank and file police officers, including expert witnesses.

how to request a wellness check on someone: *Prone to Kill (A Rory Wood Suspense Thriller—Book One)* Laura Rise, 2024-09-13 “A well written mystery with vivid descriptions, complex characters and realistic investigations into multiple suspects. Fast paced, heart pounding action!” —Reader review (Empty Soul) □□□□ In Wyoming's cattle country, Assistant Sheriff Rory Wood faces a chilling new case: ranch owners murdered on their own lands, each bearing a killer's unique brand. As Rory digs deeper, an unexpected victim upends her theories, steering her toward a dark corner of her county—and a killer with a more twisted vendetta than she could have dreamed. PRONE TO KILL, the first novel in a new series by mystery and suspense author Laura Rise, will enthrall readers with a riveting crime story revolving around a complex yet relatable female protagonist. Packed with edge-of-your-seat tension, clever plot twists, and a rapid tempo, this series will grab you and keep you absorbed in its pages well past bedtime. Fans of Teresa Driscoll, Rachel Caine, and Mary Burton are sure to fall in love. Future books in the series are also available! “Good writing and believable characters. Intriguing story line. Would like to read more from Laura Rise. I recommend this book.” —Reader review (Empty Soul) □□□□ “A well written, suspenseful, fast pasted murder mystery with the unique complication of a hurricane. I loved the vivid descriptions stimulating a sensory or emotional response...A strong, haunted, intelligent female protagonist who is reckless at times. Her partner is equally competent and supportive.” —Reader review (Amidst the Darkness) □□□□

how to request a wellness check on someone: *Asher's Out* Elizabeth Wheeler, 2015-07-20 For his sixteenth birthday, Asher Price gets a date and a death threat. No one believes he's in danger, but when Asher's relationship with Garrett is revealed in his small Florida town, he's certain he will be destroyed. Still haunted by guilt over his brother's death and his mom's breakdown, Asher can't tell the truth. Instead, his best friend's practical advice to deny everything wins out. When Asher's mom announces they're moving to Chicago, it seems like the perfect out, but how can he leave the only place that holds memories of his dead brother? Asher must choose between staying in a town where people know too much or escaping to a city where no one knows or cares, but either way, he can't hide from himself. In the final book of this award-winning series, Asher exposes his greatest fears and finally develops a clear picture of his true self. Third Book in the Asher Trilogy

how to request a wellness check on someone: *A Legal Adult* Donna Stone, 2023-07-03 My 19-year-old niece Aly disappeared. Car, keys, cell phone, and laptop were abandoned at the airport. Law enforcement couldn't differentiate a legitimate trip from a nefarious abduction, because she

was . . . a legal adult. On December 10, my presumably happy niece left the country with a person she'd met online but had never met in person. Multiple airline tickets to multiple destinations were purchased in her name. Airport security cameras outbound and inbound showed a third traveler. Multiple sources confirmed that Aly arrived in Canada, which narrowed our search to 3.8 million square miles with multiple points of entry. We learned that laws designed to protect young people will enable traffickers with almost unfettered permission to travel below the radar with 18- to 20-year-olds. Aly's young adult status created a barrier separating her from her parents, while deepening her relationship with a potential trafficker. Maneuvering the legal systems of two countries became as much a challenge as finding one 19-year-old in the entire country of Canada. A representative from one trafficking organization estimated that Aly might fetch \$100,000. She looked much younger than 19, and customers of human traffickers are willing to pay more for a youthful appearance. Aly left a scar on her mother's heart that will never leave.

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

how to request a wellness check on someone: Mingling With Murder Leslie Langtry, 2024-10-15
From USA Today bestselling author Leslie Langtry comes a mingle turned murder... Welcome to Mingle, Iowa—We're Putting Our Past Behind Us! Merry Wrath, ex-CIA agent turned Girl Scout leader, is accompanying thirteen year olds Mayor Ava, Betty, Lauren, and Inez from her troop to the regional conference for small town mayors. Mingle, Iowa, the home of the Mayor Mingle conference, is famous for a major scandal in the 1980s that no one seems to remember, even though the current mayor does everything in his power to keep them from forgetting! Have dinner at the Nothing to See Here Restaurant! Relax at the It Didn't Quite Happen That Way Bar! Merry is excited that her husband and detective, Rex, is getting an award for having a 100% murder solve rate! But she's concerned that Ava's presenting The Most Murdery Town—How To Utilize Your Town's Biggest Assets! Not to be outdone, Ava's right hand henchgirl, Betty, is presenting on How to Bend City Hall to Your Will & Everything I Learned From Huey Long. Merry's hoping she can sit in on the sessions to jump in when things most likely go awry (as they often do). We hope you survive—er, enjoy your stay! Unfortunately, things go very awry when one of the mayors is murdered. But who did it? Was it the mayor from the town famous for its termite infestation? Could it be the snooty mayor who descended from her town's founders? Or the mayor who always dresses like an ear of corn? How about the mayor from the lobster capital of Iowa? Or the mayor who is an actual pig? It doesn't help that the victim's dying wish was for Rex to solve this case before the conference ends despite it being out of his jurisdiction! Can Merry and Rex solve this crime in time—or is Mingle destined to have the stain of a new scandal on their Welcome To billboard? What critics are saying about Leslie Langtry's books: I laughed so hard I cried on multiple occasions! Girl Scouts, the CIA, and the Yakuza... what could possibly go wrong? ~ Fresh Fiction Darkly funny and wildly over the top, this mystery answers the burning question, 'Do assassin skills and Girl Scout merit badges mix...?' ~ RT BOOKreviews Mixing a deadly sense of humor and plenty of sexy sizzle, Leslie Langtry creates a brilliantly original, laughter-rich mix of contemporary romance and suspense. ~ Chicago Tribune

Langtry gets the fun started from page one. ~ Publisher's Weekly

how to request a wellness check on someone: Addiction: Saved by the Grace of God

Anthony Marakovitz, 2024-03-04 Anthony Marakovitz nails down what his life was like as an extreme addict for forty years--following his happy childhood, some bad boy middle and high school years, indiscriminate relationships, and normally fatal health complications with enough drugs and alcohol to have killed anyone. Now that he has recovered, Anthony shares facts that most people don't know about addicts, compulsive behavior, and productive, faith-based recovery. Believing that each one of us is within reach of an addict, Anthony launches his story with serious hope for anyone who is dealing with addiction of any kind--anger, drugs (prescription or otherwise), alcohol, sex, control, simply more of anything--the list is long. These addictions permeate every socioeconomic level and impact everyone and everything around them. The author hopes that his story will encourage and benefit anyone who wholeheartedly seeks long-term recovery--no turning back!

how to request 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 request a wellness check on someone: Homelessness, Health, and Human Needs

Institute of Medicine, Committee on Health Care for Homeless People, 1988-02-01 There have always been homeless people in the United States, but their plight has only recently stirred widespread public reaction and concern. Part of this new recognition stems from the problem's prevalence: the number of homeless individuals, while hard to pin down exactly, is rising. In light of this, Congress asked the Institute of Medicine to find out whether existing health care programs were ignoring the homeless or delivering care to them inefficiently. This book is the report prepared by a committee of experts who examined these problems through visits to city slums and impoverished rural areas, and through an analysis of papers written by leading scholars in the field.

how to request a wellness check on someone: You Have the Right to Remain Innocent James

J. Duane, 2016 An urgent, compact manifesto that will teach you how to protect your rights, your freedom, and your future when talking to police. Law professor James J. Duane became a viral sensation thanks to a 2008 lecture outlining the reasons why you should never agree to answer questions from the police--especially if you are innocent and wish to stay out of trouble with the law. In this timely, relevant, and pragmatic new book, he expands on that presentation, offering a vigorous defense of every citizen's constitutionally protected right to avoid self-incrimination. Getting a lawyer is not only the best policy, Professor Duane argues, it's also the advice law-enforcement professionals give their own kids. Using actual case histories of innocent men and women exonerated after decades in prison because of information they voluntarily gave to police, Professor Duane demonstrates the critical importance of a constitutional right not well or widely

understood by the average American. Reflecting the most recent attitudes of the Supreme Court, Professor Duane argues that it is now even easier for police to use your own words against you. This lively and informative guide explains what everyone needs to know to protect themselves and those they love.

how to request a wellness check on someone: Twenty-Two Shells Tom Schulte, 2021-07-20 Detective Marvin Sludge, a former Special Services operative, lives a simple life. But he's the best detective in his department, the one always assigned to impossible cases and interrogations. With virtually no family left alive, he feels religion is for the weak and the soon-to-be-purged by natural selection—the ones who can't take the rigors of life. Sludge, who suffers from PTSD, catches a curious case. A young man, a senator's son, has been shot, and experts find twenty-two shell casings at the scene. That evidence points toward the makings of a serial killer intent on murdering one person a week for the next twenty-one weeks. As the bodies continue to pile up, Sludge and his partner search for a pattern and the killer. Soon the case requires him to attend a victim's church, starting him on his path to faith. Along the way, he addresses greater issues such as the meaning of life and who is really in charge of events.

how to request a wellness check on someone: Will This Be on the Test? Dana T. Johnson, Jennifer E. Price, 2019-04-23 The essential survival guide for college students Getting into college takes plenty of hard work, but knowing what your professors expect of you once you get there can be even more challenging. Will This Be on the Test? is the essential survival guide for high-school students making the transition to college academics. In this entertaining and informative book, Dana Johnson shares wisdom and wit gleaned from her decades of experience as an award-winning teacher in the freshman classroom—lessons that will continue to serve you long after college graduation. Johnson offers invaluable insights into how college academics differs from high school. She reveals how to maximize what you learn and develop good relationships with your professors, while explaining how you fit into the learning environment of college. Answering the questions that many new college students don't think to ask, Johnson provides tactical tips on getting the most out of office hours, e-mailing your professor appropriately, and optimizing your performance on assignments and exams. She gives practical advice on using the syllabus to your advantage, knowing how to address your instructors, and making sure you're not violating the academic ethics code. The book also offers invaluable advice about online courses and guidance for parents who want to help their children succeed. Will This Be on the Test? shows you how to work with your professors to get the education, grades, and recommendations you need to thrive in the classroom and beyond.

how to request a wellness check on someone: InfoWorld , 1983-07-25 InfoWorld is targeted to Senior IT professionals. Content is segmented into Channels and Topic Centers. InfoWorld also celebrates people, companies, and projects.

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