

wellness check on someone

Wellness Check on Someone: Showing You Care and Knowing When to Intervene

Feeling concerned about someone? Want to reach out and offer support, but unsure how to approach a wellness check? This comprehensive guide will equip you with the tools and knowledge to perform a meaningful wellness check on someone, whether it's a friend, family member, colleague, or even a neighbor. We'll explore various scenarios, communication strategies, and crucial considerations to ensure you're providing support effectively and respectfully. We'll also delve into recognizing warning signs and knowing when professional intervention is necessary. This isn't just about asking "How are you?"; it's about genuine connection and potentially life-saving intervention.

Understanding the Importance of a Wellness Check

A simple wellness check can be a powerful act of kindness, demonstrating care and fostering stronger relationships. It allows you to connect with someone on a personal level, offering a listening ear and a shoulder to lean on. However, it's crucial to approach this with sensitivity and respect, recognizing that everyone's experience is unique. A poorly executed wellness check can actually worsen the situation, so thoughtful planning is key.

Identifying When a Wellness Check is Needed

Several situations might prompt you to perform a wellness check. These could include:

Changes in behavior: Has the person become withdrawn, isolated, or unusually quiet? Are there noticeable changes in their mood, sleep patterns, or appetite?

Missed appointments or events: Have they stopped attending regular gatherings, missed important appointments, or become unreachable?

Social media clues: While not definitive, concerning posts or a sudden absence from social media can be a red flag.

Direct expression of concern: Perhaps the individual has expressed feelings of hopelessness, helplessness, or thoughts of self-harm.

Direct request from others: A mutual friend or family member might have voiced their worries about the person's well-being.

These are just some indicators; your intuition is also a valuable tool. If something feels "off," don't hesitate to reach out.

How to Perform a Wellness Check: A Step-by-Step Guide

1. Choose the right method of contact: Consider the person's personality and your relationship. A phone call might be appropriate for a close friend, while a text message might be better for a

more casual acquaintance. In cases of extreme urgency, a direct visit might be necessary, but always prioritize safety.

1. Start with a casual opening: Avoid immediately launching into serious questions. Begin with a friendly greeting and a casual question about their day or week. This helps ease into the conversation and creates a less confrontational atmosphere.
1. Listen actively and empathetically: Your role is to listen, not to offer unsolicited advice or judgments. Use active listening techniques, such as reflecting their feelings and summarizing their statements to show you understand.
1. Ask open-ended questions: Instead of asking "Are you okay?", try open-ended questions like "How are you feeling lately?" or "What's been on your mind?" This encourages them to share more details.
1. Observe their nonverbal cues: Pay attention to their body language, tone of voice, and overall demeanor. These nonverbal cues can often provide valuable insights into their emotional state.
1. Respect their boundaries: If the person doesn't want to talk, respect their decision. Let them know you're there for them if they change their mind, and offer to connect them with resources if appropriate.
1. Document your concerns (if necessary): If you're seriously concerned about the person's safety or well-being, it might be helpful to document your interactions and observations. This can be beneficial if you need to seek professional help.

Knowing When to Seek Professional Help

If you observe any signs of self-harm, suicidal ideation, or a significant decline in mental health, don't hesitate to seek professional help. Here are some resources you can utilize:

National Suicide Prevention Lifeline: Call or text 988
Crisis Text Line: Text HOME to 741741

The Trevor Project: Provides crisis intervention and suicide prevention services to LGBTQ young people.

Local mental health services: Search online for mental health resources in your area.

Remember, seeking help is a sign of strength, not weakness. It's better to err on the side of caution when someone's well-being is at stake.

Beyond the Immediate Check-in: Maintaining Connection

A single wellness check is often not enough. Maintaining regular contact, even if it's just a brief text or email, can make a significant difference. Let the person know you're thinking of them and are available for support. This consistent connection can provide a vital sense of belonging and reduce feelings of isolation.

Conclusion

Performing a wellness check on someone requires sensitivity, empathy, and a genuine desire to support their well-being. By following the steps outlined in this guide, you can make a meaningful difference in someone's life. Remember to prioritize safety and always seek professional help when necessary. Your compassion and action can be life-changing.

FAQs

1. What if the person refuses to talk or dismisses my concerns? Respect their boundaries, but let them know you're there for them if they ever need support. Consider gently suggesting professional resources, but avoid pressuring them.
1. How can I approach a wellness check on a colleague I'm not close to? Keep it brief and professional. You could simply ask if they're feeling okay or if there's anything you can do to help with their workload. Focus on work-related concerns first.
1. Is it appropriate to perform a wellness check on a neighbor I barely know? A simple "Hi, how are you doing? I just wanted to check in" can go a long way, especially for elderly neighbors or those living alone. Keep the interaction brief and respectful.
1. What if I'm concerned about someone's substance abuse? Express your concern directly but calmly. Offer your support, but emphasize that professional help is essential for addiction recovery. Research local resources specializing in substance abuse treatment.

1. How can I prevent burnout while offering support to others? Prioritize your own well-being. Set boundaries, practice self-care, and seek support from friends, family, or a therapist. Remember that you cannot save everyone, and it's okay to ask for help yourself.

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*

wellness check on someone: *Defund the Police* Chris Cunneen, 2023-03-31 The police are viewed as guardians of public safety and enforcers of the law. How accurate is this? Given endemic police violence which is often aimed at racialised and minoritised groups and the failure of many attempts at reform, attention has turned to community-generated models of support. These include defunding the police and instead funding alternatives to criminalisation and incarceration. This book is the first comprehensive overview of police divestment, using international examples and case studies to reimagine community safety beyond policing and imprisonment. Showcasing a range of practical examples, this topical book will be relevant for academics, policy makers, activists and all those interested in the Black Lives Matter movement, protest movements and the renewed interest in policing and abolitionism more generally.

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.

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!

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!

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.

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.

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...

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 . . .

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.

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.

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.

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.

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 Domsday 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.

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

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.

wellness check on someone: *The White Knight* Josh Lanyon, 2012-05-20 *The White Knight*. It’s a Hollywood cliché. But in the case of hot and handsome LAPD Detective Daniel Moran, the clichés are all true. Dan is everything rising Hollywood star Sean Fairchild ever wanted in a leading man, but Dan’s kind of an old-fashioned guy. It’s his job to keep Sean safe and in one piece—happy is someone else’s problem.

wellness check on someone: *The Minneapolis Reckoning* Michelle S. Phelps, 2024-05-07 Since the beginning of the Black Lives Matter Movement in 2014, police brutality, police violence, and police reform have emerged as central public policy concerns, and throughout that time, Minneapolis has been at the center of these conversations, both as a leader in progressive police reform and as a demonstration of the failure of those reforms. From solidarity protests with Ferguson in 2014, to an occupation of a police precinct following the killing of Jamar Clark in 2015, protests following the death of Justine Damond (Ruszczyk) in 2017, and the uprising following George Floyd’s murder in 2020, activists in Minneapolis have long demanded that the city take measures to make Black Lives Matter. In 2020, these demands shifted from police reform and accountability toward police defunding and abolition, culminating in a deeply contested ballot initiative to replace the Minneapolis Police Department with a new Department of Public Safety—a debate that has come to symbolize the rift in opinion about the role of policing that continues to divide the nation. *The Minneapolis Reckoning* uses Minneapolis as a case study to understand policing, police violence, and anti-police-violence activism in the twenty-first century. Drawing on fieldwork conducted between 2017 and 2021, as well as detailed historical analyses of transformations in the Minneapolis Police Department from the Great Migration to the present, Michelle Phelps tells the complex story of elected officials, elite interests, activist organizers, and residents struggling to gain power over the police. Tracing the ways in which movements pushing for the transformation of policing have crashed into the local politics of race, inequality, and violence, both in the years leading up to the murder of George Floyd and in its aftermath, Phelps offers revealing lessons about the political struggle over policing and the power of social movements for racial justice to create change--

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?

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.

wellness check on someone: *The Maltreated Child* Jan Carter, 1974

wellness check on someone: *POWER* Konstantinos Papazoglou, Daniel M. Blumberg, 2019-11-14 *Power: Police Officer Wellness, Ethics, and Resilience* collectively presents the numerous psychic wounds experienced by peace officers in the line of duty, including compassion fatigue, moral injury, PTSD, operational stress injury, organizational and operational stress, and loss. Authors describe the negative repercussions of these psychic wounds in law enforcement decision-making, job performance, job satisfaction, and families. The book encompasses evidence-based strategies to assist law enforcement agencies in developing policy programs to promote wellness for their personnel. The evidence-based techniques presented allow officers to get a more tangible and better understanding of the techniques so that they apply those techniques when on and off-duty. With forewords authored by Dr. John Violanti (Distinguished Police Research Professor) and Dr. Tracie Keese, Vice President of the Center of Policing Equity, this book is an excellent resource for police professionals, police wellness coordinators, early career researchers, mental health professionals who provide services to law enforcement officers and their families, and graduate students in psychology, forensic psychology, and criminal justice. - Platinum Award Winner 2019, Homeland Security Awards - American Security Today - Provides reader with evidence-based strategies to promote officer wellness - Covers compassion fatigue, moral injury, PTSD, operational stress, and more - Written by established scholars and professionals from a law enforcement context

wellness check on someone: *Indictment* Benjamin Perrin, 2023-08-31 Based on first-hand interviews with survivors, people who have committed offences, and others on the frontlines, *Indictment* puts the Canadian criminal justice system on trial and proposes a bold new vision of transformative justice. #MeToo. Black Lives Matter. Decriminalize Drugs. No More Stolen Sisters. Stop Stranger Attacks. Do we need more cops or to defund the police? Harm reduction or treatment? Tougher sentences or prison abolition? The debate about Canada's criminal justice system has rarely been so polarized - or so in need of fresh ideas. *Indictment* brings the heartrending and captivating stories of survivors and people who have committed offences to the forefront to help us understand why the criminal justice system is facing such an existential crisis. Benjamin Perrin draws on his expertise as a lawyer, former top criminal justice advisor to the prime minister, and law clerk at the Supreme Court of Canada to investigate the criminal justice system itself. *Indictment* critiques the system from a trauma-informed perspective, examining its treatment of victims of crime, Indigenous people and Black Canadians, people with substance use and mental health disorders, and people experiencing homelessness, poverty, and unemployment. Perrin also shares insights from others on the frontlines, including prosecutors and defence lawyers, police chiefs, Indigenous leaders, victim support workers, corrections officers, public health experts, gang outreach workers, prisoner and victims' rights advocates, criminologists, psychologists, and leading trauma experts. Bringing forward the voices of marginalized people, along with their stories of survival and resilience, *Indictment* shows that a better way is possible.

wellness check on someone: *Becoming Abolitionists* Derecka Purnell, 2022-10-04 One of the New York Times' 6 New Paperbacks to Read Now in paperback and with new material, a 2021 Kirkus Best Book of the year in both Nonfiction and Current Events, the book Naomi Klein called: "a

triumph of political imagination and a tremendous gift to all movements struggling towards liberation." For more than a century, activists in the United States have tried to reform the police. Millions of people continue to protest police violence because these solutions do not match the problem: the police cannot be reformed. In her critically acclaimed first book *Becoming Abolitionists*, Purnell draws from her experiences as a lawyer, writer, and organizer initially skeptical about police abolition. She saw too much sexual violence and buried too many friends to consider getting rid of police in her hometown of St. Louis, let alone the nation. But the police were a placebo. Calling them felt like something, and something feels like everything when the other option seems like nothing. Purnell details how multi-racial social movements rooted in rebellion, risk-taking, and revolutionary love pushed her and a generation of activists toward abolition. The book travels across geography and time, and offers lessons that activists have learned from Ferguson to South Africa, from Reconstruction to contemporary protests against police shootings. Here, Purnell invites readers to envision new systems that work to address the root causes of violence. *Becoming Abolitionists* shows that abolition is not solely about getting rid of police, but a commitment to create and support different answers to the problem of harm in society, and, most excitingly, an opportunity to reduce and eliminate harm in the first place.

wellness check on someone: Spare Change Tyrone H., 2023-04-13 In closing, I can honestly say I enjoy my time working with all the volunteers and agency staff. I have worked alone in the field most of the time. However, anything I did concerning housing applications was passed off to housing coordinators who went out of their way to make sure the paperwork and information on the unsheltered person was correct. I pray for peace to all I walk in faith.

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 gives intrinsic truths, principles, relevant, and actionable wisdom that is guaranteed to work.

wellness check on someone: Policing Mental Health Laura Huey, Jennifer L. Schulenberg, Jacek Koziarski, 2022-02-01 This brief addresses the question of the various ways in which mental health-related issues have become police responsibility. It provides a detailed understanding of the myriad of ways in which police are often called upon to be the primary responder to mental health-related issues, well beyond the standard media images of individuals in extreme crisis. Drawing upon the results of two separate ethnographies of police practices in Canada, this volume examines how public policing has become entangled in cases of persons with mental illness (PMI). It examines two aspects of the police role and mandate that brings police officers into contact with individuals dealing with mental health disorders: public safety, and crime prevention and response. It explores police perceptions towards the roles they play in the lives of PMI, and police demands in these types of calls for service that have transformed aspects of public policing. Appropriate for policing researchers, law enforcement and public policymakers, this book presents the argument that tackling this matter requires knowledge of police involvement in situations with PMI, as well as a set of evidence-based policy options that will not generate additional resource or other strains.

wellness check on someone: Norman Hall's Police Exam Preparation Book Norman Hall, 2003-04 Annotation Guaranteed methods to score 80% to 100% or your money back.

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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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.

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