

wellness check police number

Wellness Check Police Number: When and How to Request One

Are you worried about a loved one? Have you noticed concerning changes in their behavior or well-being? Knowing when and how to request a wellness check from the police can be crucial in ensuring their safety. This comprehensive guide will delve into the intricacies of requesting a wellness check, providing you with the information you need to navigate this potentially sensitive situation. We'll explore what constitutes a valid reason for a wellness check, the process of contacting your local police department, and what you can expect after making the call. This post will answer your questions about "wellness check police number" definitively, offering a clear and actionable path to help someone in need.

Understanding Wellness Checks: More Than Just a Routine Visit

A wellness check isn't a casual inquiry. It's a request to law enforcement to visit a specific location to assess the well-being of an individual. This is often used when there's a genuine concern about someone's safety, but you lack the ability or authority to check on them personally. The reasons for requesting a wellness check are diverse and can range from concerns about:

Suicidal thoughts or ideation: If someone is expressing suicidal thoughts, a wellness check is crucial. This is a life-threatening situation, and immediate intervention is often necessary.

Self-neglect or abandonment: If an elderly or vulnerable person appears to be neglecting their personal care or living conditions, a wellness check can help assess their situation and potentially connect them with appropriate social services.

Unusual or concerning behavior: Significant changes in behavior, such as isolation, paranoia, or aggression, could warrant a wellness check, especially if they're out of character for the individual.

Missing person concerns: While a missing person report is separate, a wellness check can be part of the initial investigation if the individual's whereabouts are unknown but there's concern for their safety.

Concerns from neighbors or family members: Worry from those close to the person is a valid reason for a wellness check. Don't hesitate to reach out if something feels wrong.

Finding the Right Wellness Check Police Number

The most crucial step is contacting the appropriate authorities. Unfortunately, there isn't a single universal "wellness check police number." The contact information varies significantly depending on your location.

Your first step is to identify your local police department. You can typically find this information through these resources:

Online search: Search "[your city/county] police department" on a search engine like Google.

Local government websites: Check the website of your city or county government. Most will have a dedicated public safety or police department section.

Phone book: While less common now, a physical or online phone book may list your local emergency services.

Emergency services (911 or equivalent): While 911 is typically for emergencies, in some situations, they can direct you to the appropriate department for a wellness check. Use this option only if you believe the situation is immediately life-threatening.

Once you find the police department's contact information, look for the non-emergency number. This is crucial to avoid overwhelming emergency lines with non-urgent requests.

What Information to Provide When Requesting a Wellness Check

When you contact the police, be prepared to provide as much information as possible. This includes:

Your name and contact information: The police will need a way to contact you if they need further details.

The individual's full name and address: The more precise the location, the better. Include apartment numbers or specific building details.

The individual's age and description: This helps officers quickly identify the person they're looking for.

The reason for your concern: Explain the specific behaviors or circumstances that led you to request a wellness check, providing concrete examples.

Any known medical conditions or medications: This information is critical for officers to understand the context of the situation.

The names and contact information of other relevant individuals: This could include family members, friends, or medical professionals.

What to Expect After Requesting a Wellness Check

After you've placed your call, the police will assess the urgency of the situation. They may ask follow-up questions to clarify the details. In non-emergency cases, the wellness check may not happen immediately; however, officers will aim to conduct the check within a reasonable timeframe. Depending on the situation, they may:

Conduct a visual check: Officers may simply observe the individual from outside the residence to assess their well-being.

Make contact with the individual: Officers may knock on the door and speak with the individual directly.

Enter the residence (with appropriate authorization): In certain circumstances, such as suspected imminent danger or a court order, officers may enter the residence.

Conclusion

Requesting a wellness check is a significant action that demonstrates care and concern for another person. While the process might seem daunting, understanding the steps involved and knowing what information to provide can make the experience more manageable. Remember, it's always better to err on the side of caution. If you have genuine concerns about someone's well-being, don't hesitate to reach out to your local police department.

FAQs:

1. What if the person refuses a wellness check? The police can only do so much if the person refuses help. They may document the encounter and advise you of your options, which might include contacting social services or mental health professionals.
1. Is there a cost associated with a wellness check? Generally, wellness checks are a free service provided by law enforcement.
1. Can I request a wellness check anonymously? While anonymity is not always guaranteed, you can usually explain your concerns without revealing your full identity if you feel unsafe doing so.
1. What happens if the police find the person deceased? If the individual is found deceased, the police will follow standard procedure for death investigations.
1. What if I'm concerned about someone who lives in a different state? You'll need to contact the police department in the jurisdiction where the person lives. You may need to provide them with information to help them locate the individual.

wellness check police number: 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 police number: 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 police number: 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 police number: Roll Call Bobby Kipper, Joe St. John, 2021 Written by two seasoned law enforcement professionals, Bobby Kipper and Joe St. John, Roll Call is a Christian Spiritual Guide for other law enforcement professionals. Police work is a stressful and often dangerous job that puts a burden on the individual that most people will never understand. It also forces the police officer to see the world in a very real light and that light is not always positive. Kipper and St. John understand the challenges to staying spiritual in an often-harsh world. It is easy

to lose focus on a loving and caring God in the midst of turmoil. It is easy to lose hope when a person sees so much hopelessness. Roll Call is as an easy-to-carry book that an officer can read in these troubling times. During a break from all the chaos, the officer can read a quick chapter and refocus on a loving God and the peace of Jesus. Roll Call is a “no-nonsense” book that places the Christian Faith in the forefront of the officers’ lives. In these drastic times of today and with the problems facing law enforcement, there is no better time for the faith community to have a police “Roll Call.”

wellness check police number: Force Under Pressure Lawrence N. Blum, 2001-08 In Force Under Pressure, Dr. Lawrence Blum, who has devoted his life's work to the survival and wellness of those who serve, describes the sources of danger, injuries, and victory to police officers in a down-to-earth, readable style. Blum argues that there are missing ingredients in the training and socialization of police officers. These ingredients include techniques and tools to condition the officer's decision-making and concentration during conditions of emergency; internal controls necessary to maintain the will to survive; and aids that will prevent officers being defeated by any threat. Distressing and/or disturbing physical and psychological reactions are common in a police officer's workday, and the officer must be prepared for them. Blum's work has uncovered many of the casues of compromise to officer safety and wellness, and he contends that police officers will be well prepared to cope with unanticipated or rapidly changing encounters if they possess the right tools and the know-how to command and control field encounters and life's pressures. Here Blum provides practical tools for survival in law enforcement, by combining his clinical knowledge with true stories of police officers for an attention-grabbing and informative book.

wellness check police number: 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 police number: The Diaries of Adam and Eve Mark Twain, 2015-09-28 What if Adam and Eve Had a Diary? “He talks very little. Perhaps it is because he is not bright and is sensitive about it and wishes to conceal it. It is such a pity that he should feel so, for brightness is nothing. It is in the heart that the values lie. I wish I could make him understand that a loving good heart is riches, and riches is enough, and that without it intellect is poverty.” - Mark Twain, Eve's Diary Mark Twain’s short stories aren’t about his religious beliefs. In fact, the Diaries of Adam and Eve should be taken with a grain of salt as they are humorous and witty and describe in a unique way the relationship between two human beings, man and woman who eventually end up falling in love with each other. Xist Publishing is a digital-first publisher. Xist Publishing creates books for the touchscreen generation and is dedicated to helping everyone develop a lifetime love of reading, no matter what form it takes

wellness check police number: Hold the Line Michael Fanone, John Shiffman, 2023-09-12 From a twenty-year police veteran and former Trump supporter who nearly lost his life during the insurrection of January 6th, this instant New York Times bestseller is also an urgent warning that “offers a stark message for this uncertain moment, making crystal clear the urgency and importance of defending our precious democracy” (Nancy Pelosi). When Michael Fanone self-deployed to the Capitol on January 6, 2021, he had no idea his life was about to change. When he got to the front of the line, he urged his fellow officers to hold it against the growing crowd of insurrectionists—until he found himself pulled into the mob, tased until he had a heart attack, and viciously beaten with a Blue Lives Matter flag as shouts to kill him rang out. Now, Fanone is ready to tell the full story of that infamous day, along with exploring our country’s most critical issues as someone who has had firsthand experience with many of them. A self-described redneck who voted for Trump in 2016, Fanone’s closest friend was an informant—a Black, transgender, HIV-positive woman who has helped him mature and rethink his methods as a police officer. With his unique insight as an undercover detective and intense desire to do the right thing no matter the cost, Fanone provides a nuanced look into everything from policing to race to politics in a way that is accessible across all party lines. Determined to make sure no one forgets what happened at the Capitol on January 6th, Fanone has written a timely and “important” (Kirkus Reviews) call to action for anyone who wants to preserve our democracy for future generations.

wellness check police number: *Once a Cop* Corey Pegues, 2016-05-24 A former cop sets the record straight in this ... memoir about his youth selling crack in the '80s with one of NYC's toughest gangs and later rise through the ranks of the NYPD to become a community leader--

wellness check police number: *Take Charge* , 2006

wellness check police number: *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 police number: *Big Crime and Big Policing* Tonita Murray, Elizabeth Kirley, Stephen Schneider, 2024-07-05 Following money over national borders, banking systems, casinos, and free trade zones, as well as the world of the corrupt elites, *Big Crime and Big Policing* brings new scholarly and practical insights into our understanding of the interplay of money, crime, and policing on the grand scale. In this wide-ranging volume, a mixed group of scholars and practitioners aim to show how money dictates the scope and nature of financial and corporate crimes, and the impact of these crimes on national economies, social institutions, and communal well-being alike. The book examines how the combined efforts of governments and international organizations fail to stop financial crime at its source and, despite apparently generous human and financial resources, police and law enforcement efforts ultimately fall short of defeating big crime and of meeting public safety needs. International in scope, *Big Crime and Big Policing* provides fresh reflection on a significant problem of our age, one that demands greater attention from governments and the public.

wellness check police number: *Write to Protect and Serve* John Cagle, 2019-03-26 *Write to Protect and Serve* is the only guide on police report writing an officer will need. Written for officers at all levels, this book discusses proper notetaking at the scene of the crime, different elements of police reports, and compliance writing. An entire chapter is dedicated to audio and visual writing exercises and examples from real cases, so that officers can write the most accurate report possible.

wellness check police number: *Law Enforcement Responder* Randy G. Stair, AAOS, Dwight A. Polk, Geoff Shapiro, Nelson Tang, 2012-04-06 Public safety professionals and emergency responders today face greater threats than ever before in our history. The traditional role of law enforcement has vastly expanded to require extraordinarily broad-based emergency response capabilities. *Law Enforcement Responder: Principles of Emergency Medicine, Rescue, and Force Protection* prepares homeland security leaders, law enforcement officers, security professionals, and public safety officials for the wide range of emergency responses they must perform on a daily basis. The textbook addresses all of the competency statements in the National EMS Education Standards at the Emergency Medical Responder level, as well as additional lifesaving content specific to law

enforcement that far exceeds the core curriculum. Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition.

wellness check police number: Handbook of Police Psychology Jack Kitaeff, 2019-06-11 The Handbook of Police Psychology features contributions from over 30 leading experts on the core matters of police psychology. The collection surveys everything from the beginnings of police psychology and early influences on the profession; to pre-employment screening, assessment, and evaluation; to clinical interventions. Alongside original chapters first published in 2011, this edition features new content on deadly force encounters, officer resilience training, and police leadership enhancement. Influential figures in the field of police psychology are discussed, including America's first full-time police psychologist, who served in the Los Angeles Police Department, and the first full-time police officer to earn a doctorate in psychology while still in uniform, who served with the New York Police Department. The Handbook of Police Psychology is an invaluable resource for police legal advisors, policy writers, and police psychologists, as well as for graduates studying police or forensic psychology.

wellness check police number: Report to the Federal Trade Commission United States. Federal Trade Commission. Advisory Committee on Cost Justification, 1956

wellness check police number: 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.

wellness check police number: Counseling Cops Ellen Kirschman, Mark Kamena, Joel Fay, 2015-09-24 Grounded in clinical research, extensive experience, and deep familiarity with police culture, this book offers highly practical guidance for psychotherapists and counselors. The authors vividly depict the pressures and challenges of police work and explain the impact that line-of-duty issues can have on officers and their loved ones. Numerous concrete examples and tips show how to build rapport with cops, use a range of effective intervention strategies, and avoid common missteps and misconceptions. Approaches to working with frequently encountered clinical problems--such as substance abuse, depression, trauma, and marital conflict--are discussed in detail. A new preface in the paperback and e-book editions highlights the book's relevance in the context of current events and concerns about police-community relations. See also Kirschman's related self-help guide *I Love a Cop*, Third Edition: What Police Families Need to Know, an ideal recommendation for clients and their family members.

wellness check police number: The Maltreated Child Jan Carter, 1974

wellness check police number: 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.

wellness check police number: Good Cop, Bad Cop Joseph Trimboli, Mike McAlary, 1996-12 From award-winning journalist Mike McAlary comes an unforgettable account of the worst case of police corruption to rock New York since Frank Serpico testified before the Knapp Commission in 1972. McAlary tells the compelling story of a rare, untainted police officer named Det. Sgt. Joseph Trimboli--a man willing to sacrifice everything to put a rogue cop away. Photo insert.

wellness check police number: Breaking the Barriers Ronald a Rufo, 2021-06 Unacceptably high rates of stress, anxiety, sleeplessness, and divorce have plagued the law enforcement profession for decades. Ask most police officers, firefighters, paramedics, prison guards, and anyone associated with police wellness and they will tell you everything is fine. Yet the rate of police suicide continues to climb because of the profession's stigma against seeking help. Officers embrace their responsibility to preserve and protect by taking care of others ... but who is taking care of them? Through interviews with some of the most renowned professionals in their fields, author and speaker Dr. Ron Rufo, a highly decorated, 22-year veteran of the Chicago Police Department, puts a spotlight on the importance of seeking mental health intervention before a minor issue becomes a major crisis. In *Breaking the Barrier*, Rufo's fourth book and his second on police wellness, he explains why emotional wellness is as essential as officers' tactical training. He and dozens of supportive professionals—from the fields of psychology, sleep medicine, religion, leadership management, epidemiology and environmental health, holistic medicine, exercise physiology, and alternative medicine—offer strategies to achieve and maintain emotional, physical, psychological, and spiritual wellness throughout an officer's career. Ron Rufo is on a crusade to rid the law enforcement profession of its constant and relentless shadow of despair. After describing the history of the police culture that contributes to today's physical and mental health issues, he presents a cornucopia of tools for intervention and support to help all law enforcement officers achieve a work/life balance that will lead to a long, healthy, and well-deserved retirement.

wellness check police number: Police Promotion Super Course Andrew Borrello, 2013-01-07 The contents of this book are designed specifically for law enforcement officers, front-line supervisors, and managers who have reached the point in their careers where they are ready to advance their rank. The focus of this information is on the police promotional oral interview. In a majority of police agencies across the country the oral interview is both the most critical part of the promotion process and the most difficult. An officer's performance during the oral interview is paramount because the process is highly competitive. Officers must "out-score" others also vying for promotion. This is difficult in that candidates may be competing against dozens or even hundreds of other police personnel many of whom may have greater education or more experience. The goal of this book is to provide professional law enforcement officers with a highly effective and valuable preparatory edge. This "edge" translates into real-world techniques, easy-to-apply skills, and a wealth of information on how to be distinctive and perform in an exceptional manner during the oral interview. The police officer, deputy, supervisor, or manager who utilizes the content of this unique book correctly can stand out among the other candidates, be more competitive, achieve preparatory confidence, and up their performance toward higher

interview scores.

wellness check police number: Unleashing the Power of Unconditional Respect Jack Colwell, Charles Huth, 2010-06-16 Every day, police officers face challenges ranging from petty annoyances to the risk of death in the line of duty. Coupled with these difficulties is, in some cases, lack of community respect for the officers despite the dangers these men and women confront while protecting the public. Exploring issues of courage, integrity, leadership, and character

wellness check police number: **The Pig Book** Citizens Against Government Waste, 2013-09-17 The federal government wastes your tax dollars worse than a drunken sailor on shore leave. The 1984 Grace Commission uncovered that the Department of Defense spent \$640 for a toilet seat and \$436 for a hammer. Twenty years later things weren't much better. In 2004, Congress spent a record-breaking \$22.9 billion dollars of your money on 10,656 of their pork-barrel projects. The war on terror has a lot to do with the record \$413 billion in deficit spending, but it's also the result of pork over the last 18 years the likes of: - \$50 million for an indoor rain forest in Iowa - \$102 million to study screwworms which were long ago eradicated from American soil - \$273,000 to combat goth culture in Missouri - \$2.2 million to renovate the North Pole (Lucky for Santa!) - \$50,000 for a tattoo removal program in California - \$1 million for ornamental fish research Funny in some instances and jaw-droppingly stupid and wasteful in others, The Pig Book proves one thing about Capitol Hill: pork is king!

wellness check police number: *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 police number: **Breathe** P.J. Jons, 2017-03-03 A true story of a mother's love and the trials and tribulations of raising an autistic son while life sends them in a whirlwind of chaos. While growing up in a military family with a mother from England and a father from the hills of Tennessee, I would never have expected my life to take so many twists and turns. I was a young mother raising my autistic son. We both were new to every experience we went through. We learned together, we have fought for each other, and we have taught each other. There were guns, drugs, assaults, domestic abuse, and addictions involved. Older and wiser now, we have learned that love, patience, and perseverance keep you strong, and a good sense of humor keeps you somewhat sane.

wellness check police number: *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!

wellness check police number: Leave the Light On Jennifer Storm, 2010-04-01 Shows how a young person can rebuild his or her life after addiction and trauma.

wellness check police number: The Truth About Cops: A Retired Police Officer's Answers to All Your Burning Questions Tim Dees, 2012-09-14 NOTE FROM THE AUTHOR I have a head full of information, not all of which is useful. It bothers me that the lyrics for Yummy, Yummy, Yummy, I've Got Love in My Tummy are taking up room that could be occupied by something more life-relevant. Still, I've often found myself the person people come to when they want to know something, but aren't sure where to find it, and I enjoy providing that service. Quora is a great outlet for people like me. I stumbled on the site a little more than a year ago, and almost 600 answered questions later, there's enough material for a book. Law enforcement is a passion for me, not for the power trip or the adrenaline rush, but because it can be a truly noble vocation when done right. People depend on law enforcement officers to protect them from predators, see that the bad guys are held to account for their acts, and establish order out of chaos. The authority that cops have is a sacred public trust. Most officers carry out their duties proudly and honorably, but there will always be a few who abuse that trust. The short essays here are about both sides of that issue. These answers are also about separating some of the myths of police work from the reality. There have been so many dramatic depictions of law enforcement, some of them very realistic and others that seem realistic, that people tend to believe they know how cops work and why they do what they do. Here, I've tried to give you the straight scoop, knowledge accumulated from my own experience and from knowing cops from all over the country and the world. Some of it isn't flattering, but otherwise it wouldn't be honest. I hope you enjoy and benefit from these insights into police work. Tim Dees EXCERPT FROM THE BOOK Is It TRUE That Parking Patrol Officers Can NOT Stop Writing A Ticket Once They Have Started? Some agencies do in fact have a policy that an officer, police, parking or otherwise, can't discard a citation once they have started writing it. Virtually all of them have some process for voiding a citation issued in error once the citation has been issued, but this process is carefully monitored to prevent abuse. Absent a monitored process, the system is easily manipulated. Someone makes a call to a person in the police department who has influence, and that person contacts the officer who issued the ticket. They persuade the officer to void the ticket. If the voided ticket appears to be correct in format, e.g. license plate matches the vehicle description, violation is appropriate for that location, etc. then whoever is in charge of reviewing the voided citations is supposed to follow up and find out if the citation was voided for a legitimate reason or as a favor to someone. Most of the time, when the issuing officer has started the citation form (and many of them are generated via handheld computer these days) and the violator runs up and asks them to stop, the violation is legitimate, and the officer has already looked around for the driver of the vehicle. The typical complaint is but I was just gone for a minute (which may or may not be true). In any event, there is seldom a provision in the law for parking there for a minute-you aren't supposed to park there at all. So, in short, it's usually true that the officer is not supposed to stop once they have begun issuing the citation. Buy the book to read more!

wellness check police number: Good Cop, Good Cop Brian Casey, 2018-09

wellness check police number: Forensic Mental Health Michele P. Bratina, 2022-09-08 In this book author Michele P. Bratina demonstrates how the Sequential Intercept Model (SIM) supports integration of the U.S. healthcare and justice systems to offer more positive outcomes for offenders with mental illness. The book describes a criminal justice-mental health nexus that touches every population—juvenile and adult male and female offenders, probationers and parolees, the aging adult prison population, and victims of crime. In the United States today, the criminal justice system functions as a mental health provider, but at great cost to society. The author summarizes the historical roots of this crisis and provides an overview of mental illness and symptoms, using graphics, case studies, and spotlight features to illustrate the most pressing issues encountered by justice and behavioral health professionals and the populations they serve. Forensic Mental Health takes a multidisciplinary approach, addressing social work, psychology, counseling, and special education, and covers developments such as case law related to the right to treatment and

trauma-informed care. Designed for advanced undergraduates, this text also serves as a training resource for practitioners working with the many affected justice-involved individuals with mental illness and co-occurring substance use disorders, including juveniles and veterans.

wellness check police number: *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

wellness check police number: Police Brutality and White Supremacy: The Fight Against American Traditions Etan Thomas, 2022-01-11 An NBA veteran offers engaging interviews and reflections that explore police brutality, white supremacy, and the struggle for racial justice in America. Thomas's interviews demand careful reading by all who want to expose racism, hold police accountable, and create an American society that practices social justice. —Library Journal, a Best Book of the Year in Political Science/Civil Rights My family and I are extremely grateful for the support and love from my brother in the movement, Etan Thomas. —Emerald Garner, daughter of Eric Garner Etan Thomas, an eleven-year NBA veteran and lifelong advocate for social justice, weaves together his personal experiences with police violence and white supremacy with multiple interviews of family members of victims of police brutality like exonerated Central Park Five survivor Raymond Santana and Rodney King's daughter Lora Dene King; as well as activist athletes and other public figures such as Steph Curry, Chuck D, Isiah Thomas, Sue Bird, Jake Tapper, Jemele Hill, Stan Van Gundy, Kyle Korver, Mark Cuban, Rick Strom, and many more. Thomas speaks with retired police officers about their efforts to change policing, and white allies about their experiences with privilege and their ability to influence other white people. Thomas also examines the history of racism, white supremacy, and the prevalence of both in the current moment. He looks at the origins of white supremacy in the US, dating back to the country's inception, and explores how it was interwoven into Christianity--interviewing leading voices both in and outside of the church. Finally, with prominent voices in the media and education, Thomas discusses the continued cultivation of these injustices in American society. Police Brutality and White Supremacy demands accountability and justice for those responsible for and impacted by police violence and terror. It offers practical solutions to work against the promotion of white supremacy in law enforcement, Christianity, early education, and across the public sphere. Featuring original interviews with: Steph Curry, Chuck D, Yamiche Alcindor, Isiah Thomas, Jemele Hill, Craig Hodges, Stan Van Gundy, Mark Cuban, Jake Tapper, Mahmoud Abdul-Rauf, Sue Bird, Kyle Korver, Rick Strom, Cenk Uygur, Tim Wise, Chris Broussard, Breanna Stewart, Rex Chapman, Stephen Jackson, Kori McCoy, Lora Dene King, Chikesia Clemons, Raymond Santana, Alissa Findley, Amber and Ashley Carr, Michelle and Ashley Monterrosa, Chairman Fred Hampton Jr., Abiodun Oyewole, Marc Lamont Hill, Officer Carlton Berkley, Pastor John K. Jenkins Sr., Officer Joe Ested, Captain Sonia Pruitt, and Bishop Talbert Swan.

wellness check police number: *Love, Honor, Betray* Mary Monroe, 2024-02-20 Award-winning New York Times bestselling author Mary Monroe delivers the latest thrillingly scandal-filled novel in her Depression-era saga of a church-going lady and her oh-so-upstanding husband racing to cover up their many sins—and gambling on one scheme too many . . . With mysterious serial murders

rattling peaceful Lexington, Alabama, Jessie and Hubert Wiggins' steadfast calm and devotion to each other reassures everyone that faith will see them through. But the Wigginses have paid a terrible hidden cost to maintain their façade . . . Hubert thought he and his secret lover, Leroy, could continue seeing each other on the down-low in peace. But when Leroy's ex-wife moves back in with him, Hubert's attempts to keep Jessie in the dark, plus his jealousy and need for satisfaction drive him to reckless extremes—and desperate risks. Jessie believes her marital struggles will all be worthwhile if she can connive Hubert to finally consummate their marriage. But his erratic behavior and her frustration soon has her trying yet another new lover, who is as charming as he is unreliable—and unexpectedly dangerous . . . Now with their secrets out of control—and the police perilously near—Jessie and Hubert discover who is behind the deaths plaguing their town. But can they risk a pursuit that could expose their own web of lies? When their only choice pits them against each other, their next move will either bury their deceptions for good—or reveal the one truth they can't escape . . .

wellness check police number: Officer Safety Laura King, 2020-10-05 If you are a police officer, you need to read this book... it just might save your life. Each year, law enforcement loses more officers to suicide than to all line-of-duty causes of death combined. To stop this from happening, the concept of Officer Safety needs to be redefined to address both the physical and psychological threats that are the realities of our profession. This book will help prepare officers to meet both the physical and psychological challenges they will encounter when they choose a career in law enforcement. Over time, the stress, negativity and traumatic events an officer sees repeatedly during the course of a law enforcement career can compromise the officer's psychological resiliency. Unaddressed, this can create problems in both the officer's personal and professional life. This book will help officers learn how to:- remain psychologically strong- meet the psychological threats of the profession-avoid other rampant issues within the profession, such as alcoholism, divorce, and poor health conditions-protect their resiliency, health, and happiness at work and at home. Chief Laura LV King has been a police officer for 26 years. She's a professional speaker and trainer on mental wellness and psychological resiliency for police organizations throughout the country. In addition to her personal experience in law enforcement, King has spent years researching mental wellness specifically for law enforcement professionals. Mental wellness is not soft stuff, it is a matter of life and death. This is information every officer must know to survive their career. It is no longer enough that we go home at the end of our shift. We deserve to go home healthy, happy, and a well-adjusted human being.- Dr. Laura LV King

wellness check police number: 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 police number: Unlocking Me Inez Sobczak, 2023-11-14 Addiction is a rising problem in America, costing heartbreak, tax dollars, and lives. Women in recovery often find the male-centered recovery approach off-putting and unworkable, while people of faith may be told by their leaders to avoid secular recovery altogether in favor of prayer and religious exercises. What

are women of faith with experience in recovery to do when they can't find any other answers? Inez Sobczak provides a winning solution in *Unlocking Me*. While sharing her personal journey, Inez embodies the realities of trauma-caused addiction, outlines her failed attempts at recovery, identifies her personal rock-bottom, and shares her tools for beating addiction once and for all. The problem most addicts face, Inez believes, is a pain that demands to be addressed. Addiction is a failing attempt to handle trauma, not a stand-alone problem that can be cured solely by willpower. Ending with a roadmap for future health and a thoughtful series of questions for personal growth and application, Inez brings to her writing the same warmth, encouragement, understanding, and humility that have made her personal wellness business such a success. FitNez, which Inez founded in 2009, handles numerous clients in the affluent D.C. area, and satisfied clients continue to stock her waiting list with recommendations. *Unlocking Me* captures the best of Inez Sobczak's life experiences and professional excellence.

wellness check police number: 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 police number: Street Survival II Lt. James Glennon, Lt. Daniel Marcou, Chuck Remsberg, 2018-09-18 The book that could save a police officer's life, career and the life of the citizens officers encounter on the job. The "Bible of Law Enforcement Training" is what the 1980 first edition of *Street Survival* was considered throughout the profession. *Street Survival II: Tactics for Deadly Force Encounters*, written by Lt. Jim Glennon, Lt. Dan Marcou with the original author Chuck Remsberg, has a new, sleek, modern look. While paying homage to the original, the update includes more than 200 colored photos and diagrams and delves into the profession's many changes over the past three decades. It includes tactics, effective street communication, detecting preattack indicators, public expectations, the issue of Guardian and Warrior roles, and especially preparing for the realities of force events.

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