

calling in a wellness check

Calling in a Wellness Check: When and How to Help Someone in Need

Worried about a loved one? Feeling uneasy about a friend's recent behavior? Knowing when and how to call in a wellness check can be crucial in preventing a tragedy and offering vital support. This comprehensive guide will walk you through the process, explaining who to contact, what information you'll need, and what to expect afterward. We'll demystify the process of calling in a wellness check, empowering you to take action when someone you care about needs help.

Understanding When a Wellness Check is Necessary

Before diving into the mechanics of initiating a wellness check, it's essential to understand when such intervention is warranted. A wellness check isn't a casual inquiry; it's a serious request for law enforcement or emergency services to assess someone's well-being. You should consider calling if you observe any of the following:

Sudden behavioral changes: A previously outgoing individual becoming withdrawn, isolated, or exhibiting erratic behavior warrants concern. This could include drastic shifts in mood, sleep patterns, or appetite.

Unexplained absences: If a loved one is missing appointments, work, or school without explanation, and you're unable to contact them, a wellness check is justified.

Threats of self-harm or suicide: This is a critical situation requiring immediate action. Any mention of suicide, self-harm, or expressing hopelessness necessitates contacting emergency services immediately.

Concerns about substance abuse: If you suspect a loved one is struggling with substance abuse and their behavior is deteriorating, a wellness check can provide essential support and intervention.

Unusual or concerning online activity: While not always indicative of immediate danger, concerning posts on social media or online activity that suggests distress can be a reason to reach out.

Physical or emotional neglect: If you're aware of a situation where an elderly person or someone with disabilities is experiencing neglect, a wellness check can be vital in ensuring their safety.

Lack of contact for an extended period: The definition of "extended" depends on the individual and your relationship, but if you haven't heard from someone you usually speak to regularly and are genuinely worried, don't hesitate to contact authorities.

Who to Contact When Calling for a Wellness Check

The appropriate contact depends on the urgency and nature of the situation:

Immediate danger (suicide, serious injury): Dial 911 (or your country's equivalent emergency number) immediately. This should be your first response if there's an immediate threat to life.

Non-emergency situations: If the situation is less urgent but still requires a check on someone's well-being, contact your local non-emergency police line. Their number should be readily available online or in your local phone directory. You can also try contacting a mental health crisis hotline or other relevant support services.

Specific agencies: Depending on the circumstances (e.g., an elderly person, someone with a specific health condition), you might also consider contacting adult protective services or other relevant agencies.

Information to Provide When Calling for a Wellness Check

When you contact emergency services or the police, be prepared to provide the following information clearly and concisely:

The person's full name and address: Accurate information is paramount for efficient response.

The person's age and physical description: This helps authorities identify the individual quickly.

The reason for your concern: Be specific and explain the situation, including any observed behavioral changes or concerning events.

Your relationship to the person: This provides context for the authorities.

Your contact information: They will need to be able to reach you for updates or further information.

Any medical conditions or relevant information: If the individual has any known medical conditions, allergies, or medications, providing this information is crucial.

What to Expect After Calling for a Wellness Check

After initiating a wellness check, you can expect the following:

A response from authorities: Depending on the urgency, the response time will vary.

An update on the situation: Once authorities have made contact with the individual, they'll usually provide you with an update, though the level of detail shared might be limited due to privacy concerns.

Possible follow-up: In some instances, there might be follow-up calls or actions depending on the findings of the wellness check.

Taking Proactive Steps to Support Loved Ones

Calling for a wellness check is a significant step, but it's also important to proactively support your loved ones' mental and physical health. Encourage open communication, offer your support, and familiarize yourself with local mental health resources. Being proactive in fostering healthy relationships can significantly reduce the need for wellness checks in the future.

Conclusion

Knowing when and how to call in a wellness check is a valuable skill that can make a significant difference in someone's life. This guide provides a clear framework for understanding the process, ensuring you can act effectively and compassionately when facing such a situation. Remember, reaching out when you have concerns is a sign of strength, not weakness. Your call could save a life.

FAQs

1. Is there a cost associated with calling for a wellness check? No, calling for a wellness check through emergency services or the non-emergency police line is free.
1. What if the person refuses to cooperate with the authorities? Authorities will document the situation and may take further action depending on the circumstances and any perceived risk to the individual's safety.
1. Will the person be notified that I called for a wellness check? This depends on the specific circumstances and the discretion of the responding authorities. In many cases, authorities will prioritize the person's well-being and may not disclose the source of the call.
1. What if I'm unsure if a wellness check is necessary? When in doubt, it's always better to err on the side of caution. Contacting the non-emergency police line or a mental health professional to discuss your concerns can provide valuable guidance.
1. Can I call for a wellness check on someone I don't know personally? While it's generally better to have a personal connection to justify a wellness check, if you have legitimate concerns about someone's well-being based on observable evidence, you can still contact the authorities. Be prepared to explain your reasoning thoroughly.

calling in a wellness check: *Roll Call* Bobby Kipper, Joe St. John, 2021 Written by two seasoned law enforcement professionals, Bobby Kipper and Joe St. John, *Roll Call* is a Christian Spiritual Guide for other law enforcement professionals. Police work is a stressful and often dangerous job that puts a burden on the individual that most people will never understand. It also forces the police officer to see the world in a very real light and that light is not always positive. Kipper and St. John understand the challenges to staying spiritual in an often-harsh world. It is easy to lose focus on a loving and caring God in the midst of turmoil. It is easy to lose hope when a person sees so much hopelessness. *Roll Call* is as an easy-to-carry book that an officer can read in these troubling times. During a break from all the chaos, the officer can read a quick chapter and refocus on a loving God and the peace of Jesus. *Roll Call* is a “no-nonsense” book that places the Christian Faith in the forefront of the officers’ lives. In these drastic times of today and with the problems facing law enforcement, there is no better time for the faith community to have a police “*Roll Call*.”

calling in a wellness check: *Ask a Manager* Alison Green, 2018-05-01 From the creator of the popular website *Ask a Manager* and New York’s work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There’s a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don’t know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You’ll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you’re being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate’s loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for *Ask a Manager* “A must-read for anyone who works . . . [Alison Green’s] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author’s friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers’ lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green’s *Ask a Manager* column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “*Ask a Manager* is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

calling in a wellness check: *Wellness Wake Up Call* David J. Barczyk, 2014-06-24 With few exceptions, the human body is a self-healing organism that would function perfectly when given the things it needs, such as nutrition, exercise, and social and spiritual food. Most of the time, however, life gets in the way. The good news is that everyone has the chance to make right with physical, emotional, and spiritual needs and to live in a way that allows the body to function better. For those headed in the wrong direction, inaction is a choice. Reversing downward spirals to get life back on track requires each person to make a choice to live differently.

calling in a wellness check: *Family Guide to Mental Illness and the Law* Linda Tashbook, 2019 *Family Guide to Mental Illness and the Law* offers the nuts-and-bolts legal information and problem-solving steps families need. This accessible resource explains how common legal issues uniquely impact people with various forms of mental illness and what family members can do to help.

calling in a wellness check: *They Call Me Picky That Do Talk of Me* Cynthia Lauri, 2016-08-26 Cynthia Lauri shares her story of her lifelong battle with weight that impacted her life on every level and eventually led to a mental breakdown. Now in her sixties she reflects on the tragic reality that she kept putting her life on hold until she could get thin enough to live it the way she dreamed it

could be. A cautionary tale to anyone else waiting to be thin before they can begin living their life.

calling in a wellness check: That's a Pretty Thing to Call It Leigh Sugar, 2023-10-03 Frank, eye-opening writing by arts in corrections educators Poetry and prose by artists, writers, and activists who've taught workshops in U.S. criminal legal institutions, including acclaimed writers Ellen Bass, Joshua Bennett, Jill McDounough, E. Ethelbert Miller, Idra Novey, Joy Priest, Paisley Rekdal, Christopher Soto, and Michael Torres; the late arts in corrections pioneers Buzz Alexander and Judith Tannenbaum; and Guggenheim Award-winning choreographer Pat Graney. These educators demonstrate a diverse range of experiences. Among the questions they ask: Does our work support the continuation or deconstruction of a mass incarcerating society? What led me to teach in prison? How do I resist the "savior" or "helper" narrative? A book for anyone seeking to understand the prison industrial complex from a human perspective. All author royalties from this book will be donated to Dances for Solidarity, a project that brings arts opportunities to people incarcerated in solitary confinement.

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

calling in a wellness check: *A Rachel Gift Mystery Bundle: Her Last Wish (#1) and Her Last Chance (#2)* Blake Pierce, 2022-05-10 A bundle of books #1 (HER LAST WISH) and #2 (HER LAST CHANCE) in Blake Pierce's Rachel Gift Mystery series! This bundle offers books one and two in one convenient file, with over 100,000 words of reading. In HER LAST WISH (Book #1), FBI Agent Rachel Gift, 33, unparalleled for her ability to enter the minds of serial killers, is a rising star in the Behavioral Crimes Unit—until a routine doctor visit reveals she has but a few months left to live. Not wishing to burden others with her pain, Rachel decides, agonizing as it is, not to tell anyone—not even her boss, her partner, her husband, or her seven-year-old daughter. She wants to go down fighting, and to take as many serial killers with her as she can. A serial killer strikes in the Virginia area, targeting women who seek fertility treatments. As Rachel enters his sick and twisted mind, she struggles to understand his motive, or the connection between the victims. Worse, the case strikes too close to home, bringing up memories of her own fertility treatments, and her failed mission to have a second child. As she seeks insight from a diabolical, jailed serial killer, she immediately realizes it's a mistake. Can he see right through her? Can Rachel keep her secret and keep her deteriorating health at bay long enough to finish the job? Can she fulfill her own bucket list before she dies? And can she keep herself from descending down the dark hole of her own traumatic past? In HER LAST CHANCE (Book #2), with a rash of people dying suspiciously from high bridges, jumping to their deaths in apparent suicides, the FBI is called in to investigate. On suspicion of a

serial killer, FBI Special Agent Rachel Gift is assigned the case, and soon realizes she is up against something more diabolical than she could have imagined. In an epic game of cat and mouse, can she stay healthy enough to outsmart the killer and catch him before it's too late? And can she keep her own demons—and her own traumatic past—at bay? A riveting and chilling crime thriller featuring a brilliant and flailing FBI agent, the RACHEL GIFT series is an unputdownable mystery, packed with suspense, twists and shocking secrets, propelled by a page-turning pace that will keep you bleary-eyed late into the night. Books #3-#6 are also available!

calling in a wellness check: *A Rachel Gift Mystery Bundle: Her Last Wish (#1), Her Last Chance (#2), and Her Last Hope (#3)* Blake Pierce, 2022-05-31 A bundle of books #1 (HER LAST WISH), #2 (HER LAST CHANCE), and #3 (HER LAST HOPE) in Blake Pierce's Rachel Gift mystery series! This bundle offers books one, two, and three in one convenient file, with over 150,000 words of reading. In HER LAST WISH (Book #1), A serial killer strikes in the Virginia area, targeting women who seek fertility treatments. As Rachel enters his sick and twisted mind, she struggles to understand his motive, or the connection between the victims. Worse, the case strikes too close to home, bringing up memories of her own fertility treatments, and her failed mission to have a second child. As she seeks insight from a diabolical, jailed serial killer, she immediately realizes it's a mistake. Can he see right through her? Can Rachel keep her secret and keep her deteriorating health at bay long enough to finish the job? Can she fulfill her own bucket list before she dies? And can she keep herself from descending down the dark hole of her own traumatic past? In HER LAST CHANCE (Book #2), with a rash of people dying suspiciously from high bridges, jumping to their deaths in apparent suicides, the FBI is called in to investigate. On suspicion of a serial killer, FBI Special Agent Rachel Gift is assigned the case, and soon realizes she is up against something more diabolical than she could have imagined. In an epic game of cat and mouse, can she stay healthy enough to outsmart the killer and catch him before it's too late? And can she keep her own demons—and her own traumatic past—at bay? In HER LAST HOPE (Book #3), when a series of different organ donors are murdered, Rachel is determined to track down the killer. But Rachel herself is faltering, beginning to succumb to her illness. Can she keep it together long enough to catch this killer before her own death? And can she keep her own demons—and her own traumatic past—at bay? A riveting and chilling crime thriller featuring a brilliant and flailing FBI agent, the RACHEL GIFT series is an unputdownable mystery, packed with suspense, twists and shocking secrets, propelled by a page-turning pace that will keep you bleary-eyed late into the night. Books #4-#6 are also available!

calling in a wellness check: *A Rachel Gift Mystery Bundle: Her Last Chance (#2) and Her Last Hope (#3)* Blake Pierce, 2022-06-01 A bundle of books #2 (HER LAST CHANCE) and #3 (HER LAST HOPE) in Blake Pierce's Rachel Gift Mystery series! This bundle offers books two and three in one convenient file, with over 100,000 words of reading. In HER LAST CHANCE (Book #2), with a rash of people dying suspiciously from high bridges, jumping to their deaths in apparent suicides, the FBI is called in to investigate. On suspicion of a serial killer, FBI Special Agent Rachel Gift is assigned the case, and soon realizes she is up against something more diabolical than she could have imagined. In an epic game of cat and mouse, can she stay healthy enough to outsmart the killer and catch him before it's too late? And can she keep her own demons—and her own traumatic past—at bay? In HER LAST HOPE (Book #3), when a series of different organ donors are murdered, Rachel is determined to track down the killer. But Rachel herself is faltering, beginning to succumb to her illness. Can she keep it together long enough to catch this killer before her own death? And can she keep her own demons—and her own traumatic past—at bay? A riveting and chilling crime thriller featuring a brilliant and flailing FBI agent, the RACHEL GIFT series is an unputdownable mystery, packed with suspense, twists and shocking secrets, propelled by a page-turning pace that will keep you bleary-eyed late into the night. Books #4-#6 are also available!

calling in a wellness check: Her Last Chance (A Rachel Gift FBI Suspense Thriller—Book 2) Blake Pierce, 2021-11-25 With a rash of people dying suspiciously from high bridges, jumping to their deaths in apparent suicides, the FBI is called in to investigate. On

suspicion of a serial killer, FBI Special Agent Rachel Gift is assigned the case, and soon realizes she is up against something more diabolical than she could have imagined. FBI Special Agent Rachel Gift is among the FBI's most brilliant agents at hunting down serial killers. She plans on doing this forever—until she discovers she has months left to live. Determined to go down fighting, and to keep her diagnosis a secret, Rachel faces her own mortality while trying to save other's lives. But how long can she go until she collapses under the weight of it all? "A MASTERPIECE OF THRILLER AND MYSTERY. Blake Pierce did a magnificent job developing characters with a psychological side so well described that we feel inside their minds, follow their fears and cheer for their success. Full of twists, this book will keep you awake until the turn of the last page." --Books and Movie Reviews, Roberto Mattos (re *Once Gone*) *HER LAST CHANCE* (A Rachel Gift FBI Suspense Thriller—Book 2) is book #2 in a long-anticipated new series by #1 bestseller and USA Today bestselling author Blake Pierce, whose bestseller *Once Gone* (a free download) has received over 1,000 five star reviews. FBI Agent Rachel Gift, 33, unparalleled for her ability to enter the minds of serial killers, is a rising star in the Behavioral Crimes Unit—until a routine doctor visit reveals she has but a few months left to live. Not wishing to burden others with her pain, Rachel decides, agonizing as it is, not to tell anyone—not even her boss, her partner, her husband, or her seven-year-old daughter. She wants to go down fighting, and to take as many serial killers with her as she can. When a string of apparent suicides piques her suspicion, Rachel is on the case. In an epic game of cat and mouse, can she stay healthy enough to outsmart the killer and catch him before it's too late? And can she keep her own demons—and her own traumatic past—at bay? A riveting and chilling crime thriller featuring a brilliant and flailing FBI agent, the *RACHEL GIFT* series is an unputdownable mystery, packed with suspense, twists and shocking secrets, propelled by a page-turning pace that will keep you bleary-eyed late into the night. Books #3-#6 are also available!

calling in a wellness check: *His to Call Home* Siobhan Smile, 2023-12-27 Sasha There was one thing I hadn't planned to do and that was to move back to the city where I grew up. Not that I had any bad memories. I had loving parents, but they thought it was long past time I started dating again. I was a single dad with a demanding job as a firefighter and EMT. I didn't have time to look for someone. That's what I thought until I started at my station and met someone who changed everything. Crash (Wes) My parents considered me the disappointment among their three children. I was nothing like them. So at eighteen, I left and cut off all contact. My job as a firefighter was the only thing that kept me going. I wasn't an attractive man, and I'd accepted that. When the new guy, Sasha Price, started working with me, he destroyed my comfort zone. I didn't like the way he made me feel. I wasn't supposed to like him, but I just couldn't keep him out of my head. (CW/TW: Brief mentions of infertility and past pregnancy loss.)

calling in a wellness check: *Deadly Christmas Memories* Laura Scott, Terri Reed, 2022-10-25 A Christmas to remember Christmas Amnesia by Laura Scott Assaulted a week before a high-profile drug-trafficking trial, assistant district attorney Madison Callahan suffers amnesia. She's unable to recall the identity of her attacker, and everyone is suspect—except the handsome policeman who saved her, Officer Noah Sinclair. But helping Madison regain her memory may end their unlikely alliance. Because once she remembers him, Noah might be the last man she'll want to rely on... Identity Unknown by Terri Reed When a man washes up on the shores of Calico Bay with no memory, it becomes clear to deputy sheriff Audrey Martin that he's marked for murder. And the arrival of men claiming he's Canadian Border Services officer Nathaniel Longhorn further complicates the matter. As his memories return, Nathaniel is determined to uncover who wants him dead. But unless Audrey can help him find the truth, this Christmas might be their last. USA TODAY Bestselling Author Laura Scott 2 Thrilling Stories Christmas Amnesia and Identity Unknown

calling in a wellness check: Leadership is a Relationship Michael S. Erwin, Willys DeVoll, 2021-11-09 Discover how putting people first creates vibrant organizations and profound change In *Leadership is a Relationship*, accomplished founders and authors Michael S. Erwin and Willys DeVoll deliver an insightful collection of interviews with leaders who have succeeded by prioritizing the wellbeing of other people. Featuring fresh stories from leaders like Olympic legend Kerri Walsh

Jennings, former Secretary of Veterans Affairs Bob McDonald, and visionary principal Dr. Virginia Hill, the book shows how you too can become a relationship-based leader and thrive in our chaotic, digital world. By highlighting role models from different careers, backgrounds, skill sets, and schools of thought, the authors offer readers an inspiring antidote to one of the most serious—and underreported—crises of our era: the damage that digital distractions have done to our personal relationships. The book offers: Concrete strategies for combating the depersonalization of the Information Age and strengthening our connections with other people Real stories of how people from Olympic champions to small-business owners have put people first Take-away tips for the busy reader who needs quick insight or hopes to use the book in a modular curriculum for their organization or class Perfect for anyone who wants lead both morally and effectively, Leadership is a Relationship provides a concise and convincing argument that leaders who put people first have the best chance of succeeding in the twenty-first century.

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

calling in a wellness check: Harlequin Special Edition August 2018 - Box Set 1 of 2 Melissa Senate, Allison Leigh, Tara Taylor Quinn, 2018-08-01 Harlequin® Special Edition brings you three new titles for one great price, available now! These are heartwarming, romantic stories about life, love and family. This Special Edition box set includes: THE MAVERICK'S BABY-IN-WAITING Montana Mavericks: The Lonelyhearts Ranch by Melissa Senate After dumping her cheating fiancé, mom-to-be Mikayla Brown is trying to start fresh—without a man!—but Jensen Jones is determined to pursue her. He's not ready to be a daddy...or is he? SHOW ME A HERO American Heroes by Allison Leigh When small-town cop Ali Templeton shows up at Grant Cooper's door with a baby she says is his niece, the air force vet turned thriller writer is surprised by more than the baby—there's an undeniable attraction to deal with, too. Can he be a hero for more than just the baby's sake? Or will Ali be left out in the cold once again? HER LOST AND FOUND BABY The Daycare Chronicles by Tara Taylor Quinn Tabitha Jones has teamed up with her food-truck-running neighbor, Johnny Brubaker, to travel to different cities to find her missing son. But as they get closer to bringing Jackson back, they have to decide if they really want their time together to come to an end...

calling in a wellness check: Open Arms, Safe Communities Jeanie Garrett, 2021-08-17 How do we reconcile the need to create safe places for worship and community with a theology of welcome and inclusion? Most houses of worship know they need a safety plan, but leadership often resists the tough conversations of restricting access and locking more doors. This seems contrary to proclaiming that church is a welcoming, open place for all. There are books, manuals, guides, and articles advising how to create a safety plan for faith-based institutions, but none of them wrestles with the theological questions that come up during the process. By exploring these questions, faith-based institutions of all kinds can better tackle the challenges of creating a safety plan with more thought, insight, and confidence. Understanding that incidents of violence are impossible to ignore, candor about the firearms debate will allow for deeper empathy and clearer direction in decision-making. Throughout this book, the author encourages leadership to reconcile having ultimate faith in God with taking reasonable means to protect ourselves and those in our care.

calling in a wellness check: Childhood Nightmares And Adult Fears Rose Keaton,

2021-12-07 Childhood Nightmares and Adult Fears goes back to the beginning of not understanding what was really going on. The chilling, horrifying memory is our stepmother leaving to go find our biological mother to get us the help we needed to survive. All my life, he always told my siblings and me she was dead or in a mental home. This was an unbelievable shock, then we learned that our stepmother didn't make it to our mother. She was murdered. We didn't witness it. At the same time we learned the truth and much more. The horror of learning what I once didn't understand that our father was the perpetrator. My nightmare is a tall shadow of a man with a hat on his head carrying me naked in his arms as I sniffed and cried softly as he walks toward the bed. This tells me that something did happen. During my adulthood, my fear was always something going wrong when I allow unhealthy men into my life, and I walked into a road of destruction when I saw a sign in my mind that read Welcome to the Fast Life. Everything that I would never do you could say it became my very own manifestation. I couldn't escape. This is my true story of how I struggled to succeed and survive my trauma never giving up on myself. 144

calling in a wellness check: If You Can't Quit Cryin', You Can't Come Here No More

Betty Frizzell, 2021-03-16 On May 12, 2013, 48-year-old Vicky Isaac of rural Puxico, Missouri—a woman with a history of learning disabilities, traumatic brain injuries, and drug addiction—loaded a .22 caliber handgun and shot her violent addict husband while he slept in the trailer they shared with Vicky's adult son. Or did she? According to police reports, Vicky called 911 and confessed to the crime. Was this another sad case of murder amongst addicts or something more? Betty Frizzell escaped her family's legacy of crime, addiction, and abuse to become a respected law enforcement officer and teacher. Drawn back to the town and people of her past, Betty works to uncover the truth of murder and her family's history of violence. Her investigation uncovers sad realities about mental illness, small-town politics, and a society that doesn't care about "poor, white trash". There are never easy answers when the odds are stacked against you and no amount of "elegies" will save your family.

calling in a wellness check: Pastor Is a Verb Keith Prekker, 2024-06-24 Whether your

Sundays are for going hiking, going to church, or doing chores, have you ever had the stray thought: What does a pastor do, anyway, outside of those Sunday services? From comical and silly to poignant and profound, from sweet and generous to outrageous and all-too-human – the many stories in *Pastor Is a Verb: Life Beyond Sunday* draw you in, giving an entertaining and illuminating account of one Lutheran pastor's experiences as he shares his stories from more than fifty years of serving in a variety of settings. Extraordinary and truly unexpected things may come a pastor's way – you will read about them in these stories, as well as some of the more mundane activities that you never knew fill a pastor's week and life. These wide-ranging, honest, and inviting stories are an attempt to answer the question the author has been asked throughout his career, "What do you actually do during the week, Pastor?"

calling in a wellness check: The Long Road Home Sandy Wall, 2022-05-25 When Andy, a

fresh-faced, naïve young man escapes his small town in Texas to embark on a career to become a big city cop, his life is changed forever. When he joins the Houston Police Department, his experiences, sometimes exciting, sometimes shocking force him to confront evils that most of us could never imagine, all while keeping his own demons at bay. After ten years of service as a beat cop, and fighting crime in the dangerous world of narcotics in the nation's fourth-largest city, Andy accepts the ultimate challenge, joining the Houston SWAT Team. His limits are tested like never before and he finds himself living on the edge where he must face his greatest fears, and finally confront the adversaries who have taunted him along the way.

calling in a wellness check: 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 McCoey, 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.

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

calling in a wellness check: A Good Happy Girl Marissa Higgins, 2024-04-02 A poignant, surprising, and immersive read about a young professional woman pursuing an emotionally intense relationship with a married lesbian couple, for readers of Kristen Arnett and Melissa Broder Helen, a jittery attorney with a self-destructive streak, is secretly reeling from a disturbing crime of neglect that her parents recently committed. Historically happy to compartmentalize—distracting herself by hooking up with lesbian couples, doting on her grandmother, and flirting with a young administrative assistant—Helen finally meets her match with Catherine and Katrina, a married couple who startle and intrigue her with their ever-increasing sexual and emotional intensity. Perceptive and attentive, Catherine and Katrina prod at Helen's life, revealing a childhood tragedy she's been repressing. When her father begs her yet again for help getting parole, she realizes that she has a bargaining chip to get answers to her past. *A Good Happy Girl* is interested in worlds without men—and women who will do what they can to get what they want. In her exploration of twisted desires, queer domesticity, and the effects of incarceration on the family, Marissa Higgins

offers empathy to characters who often don't receive it, with unsettling results.

calling in a wellness check: 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.

calling in a wellness check: The Maltreated Child Jan Carter, 1974

calling in a wellness check: Back Bay Murders Andrew Bonar, 2019-04-22 Part of him longed for it to happen. What would the media call him? Killer of the Charles? Murderer on the Charles? The Back Bay Murderer? How many more could he kill before they caught on? Year after year, there was nothing on TV besides, "Another accidental drowning on the Charles." At only sixteen, Jack finds himself in an ultimatum—join a clandestine organization or be turned in to the police. While the organization upholds a strict code of conduct, Jack can't fight his sociopathic urges, a reason the organization picked him up in the first place. On the other side of the Charles, Drew, a gritty, discreet private investigator, is hired to probe into the drowning of a young man. Upon examining the young man's body at the Boston morgue, he discovers someone else is interested in John Doe 2199—Ashley Tinder. Drew realizes there's something deeper going on than just a series of murders as he untangles Ashley's involvement. Intricate and hard-hitting, Back Bay Murders is an essential crime novel to add to your collection. Bonar will have you cringing—but in that "I can't look away" sense only a great thriller can produce. ~Alex Melone, TypeRightEditing.com

calling in a wellness check: Just One More Hand Ellen Mutari, Deborah M. Figart, 2015-02-02 Just One More Hand tells a story that workers all over can relate to: an industry that promised a solid and stable livelihood is being transformed by competitive pressures, causing employees to lose their economic footing. What seemed like a good job one day becomes a bad job the next. Incorporating the real experiences of casino employees, the book demonstrates the difficulties for local communities that are building new casinos in the hopes of luring tourists. Local communities placing all their chips on casinos as an economic development strategy face increasingly long odds. Life stories of individual workers in Atlantic City are explored in the context of the history of the city and the now-global gaming industry. With more and more casinos competing for customers, employees are feeling the brunt of cost-cutting measures, including the wholesale closure of some casinos. While long-time employees are fighting against concessions and wage stagnation, younger workers juggle multiple part-time and seasonal jobs at several casinos. Policy makers hoping to offset these trends are trying to rebrand Atlantic City for a younger, hipper, and more well-to-do clientele using public-private partnerships. Unfortunately, scant attention is being paid to the core issue in economic development—the need for sustainable livelihoods and meaningful work. Here, Ellen Mutari and Deborah Figart explore the realities of the industry and the lives and challenges the workers within it are facing.

calling in a wellness check: When Demons Float Susan Thistlethwaite, 2019-09-27 Kristin

Ginelli, Chicago-cop-turned-religion-professor, is horrified when her new Muslim faculty colleague is targeted with a hate crime by self-styled white supremacists. She investigates, wading into the disgusting waters of white supremacist hate online. She is stunned to learn how young people and adults are being tempted into hate and violence on the Internet. As she teaches her religion classes, she comes to realize this is what philosophers and theologians have meant by the demonic. In this kind of extremism, hate rises to the surface and it is hard to keep it down. When a student is killed, and Kristin is threatened, she has to cut through the university's stalling and what looks increasingly like corruption in the Chicago police and Immigration and Customs Enforcement (ICE) to find the killers and try to stem the tide of hate.

calling in a wellness check: Alive... For A Reason Jaiden Jackson Smith, 2024-02-15 She Almost Died... In the ordinary life of Julia, a hidden danger looms, threatening to unravel everything she holds dear. Unbeknownst to her, an insidious blood disorder, affecting her brain, poised to strike without warning. Prepare for a heart-stopping journey as *Alive For A Reason ...* unfolds, a mesmerizing story that will grip you from the first page. When fate intervenes, a courageous coworker's timely discovery becomes a lifeline, unleashing a race against time to save Julia's life. This compelling memoir is a testament to the resilience of the human spirit, taking you to an unforgettable odyssey of survival, hope, and redemption. As Julia fights for her life, you emotionally cling to every word as if your own breath depends on it. Unveiling the fragility of life, *Alive For A Reason ...* is an electrifying reminder that what you don't know could kill you, and it's not the pandemic. With each turn of the page, you'll be drawn deeper into Julia's extraordinary story - that will leave you breathless, and your heart pounding with anticipation. Don't miss this opportunity to experience *Alive For A Reason*, her debut memoir that will leave an indelible mark on your soul. Embrace the power of survival, the discovery of inner strength, and hold on tight- as you embark on an unforgettable journey of Julia's story.

calling in a wellness check: If Anyone Only Knew What God Has Asked Me to Walk Through Joni Cox, 2021-12-15 If anyone only knew what God has asked me to walk through is a personal memoir filled with trauma and miracles. A journey of finding peace and self-worth, forgiveness, and healing. It is a beautiful story of God's love and promises. He wants to prepare you for a testimony. A testimony of becoming more like him. A testimony of overcoming obstacles and circumstances where you felt the things and people you loved the most were what made your life complete. Life is not completed by tangible items or relationships with other human beings. Life is completed when you come full circle, work through your disappointments, have a complete change of heart, and love others the way God loves you.

calling in a wellness check: Say Their Names: 101 Black Unarmed Women, Men and Children Killed By Law Enforcement Campaign Justice, 2020-12-09 BLACK HISTORY MONTH SPECIAL - \$12.99 -> \$0.99 until February 13 only. Black. Lives. Matter. Not more, and definitely not less. Why is a statement about lives having value, controversial? As SNL's Michael Che stated, Black Lives Matter. Just Matter. George Floyd's murder was as shocking as it was common. In fact, there is an entire museum in Montgomery, Alabama, dedicated to 4,400 lynching victims. But, the sad truth is, 4,400 were only the reported ones. And, if you look into the statistics, many of the lynchings were perpetrated by, or sanctioned by law enforcement. This compilation of lost lives is more of an encyclopedia and serves as a record for the 101 deaths of unarmed people of color attributed to law enforcement. From Tamir Rice to Breonna Taylor, Ahmaud Aubrey to James Earl Chaney; many you have heard about, and many you have not. We document who they were as people, the details surrounding their deaths, as well as if there were any arrests or convictions of officers involved. Unfortunately, this is an incomplete record, but an important reminder just the same. We owe them that much.

calling in a wellness check: 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.

calling in a wellness check: *Happy at Any Cost* Kirsten Grind, Katherine Sayre, 2023-03-14 From award-winning Wall Street Journal reporters, "a startling portrait of one of our greatest tech visionaries, Zappos CEO Tony Hsieh" (Robert Kolker, author of *Hidden Valley Road*), reporting on his short life, untimely death, and what that means for our pursuit of happiness. Tony Hsieh—CEO of Zappos, Las Vegas developer, and beloved entrepreneur—was famous for spreading happiness. He lived and breathed this philosophy, instilling an ethos of joy at his company, outlining his vision for a better workplace in his New York Times bestseller *Delivering Happiness*. He promoted a workplace where bosses treated employees like family members, where stress was replaced by playfulness, and where hierarchies were replaced with equality and collaboration. His outlook shaped how we work today. Hsieh also aspired to build his own utopian cities, pouring millions of dollars into real estate and small businesses, first in downtown Las Vegas, Nevada—where Zappos is headquartered—and then in Park City, Utah. He gave generously to his employees and close friends, including throwing notorious Zappos parties and organizing gatherings at his home, an Airstream trailer park. When Hsieh died suddenly in late 2022, the news shook the business and tech world. Wall Street Journal reporters Kirsten Grind and Katherine Sayre discovered Hsieh's obsession with happiness masked his darker struggles with addiction, mental health, and loneliness. In the last year of his life, he spiraled out of control, cycling out of rehab and into the waiting arms of friends who enabled his worst behavior, even as he bankrolled them from his billion-dollar fortune. *Happy at Any Cost* sheds light on one of our most creative, yet vulnerable, business leaders. It's about our intense need to find "happiness" at all costs, our misguided worship of entrepreneurs, the stigmas still surrounding mental health, and how the trappings of fame can mask all types of deeper problems. In turn, it reveals how we conceptualize success—and define happiness—in our modern age.

calling in a wellness check: *Rumors and Romance* Kat Thomas, 2026-10-15 When a group of friends begin to have secrets and it threatens the happiness of one of the group he breaks off to find the love of his life. Though the wickedness of the lies and rumors continued behind his back Mack Paulin found the love of his life within Henni Hanson. Henni was completely different than anything Mack had ever met. Young and a doctor who was socially stunted because of her intelligence level. She was removed from her own family due to her parents' divorce and wasn't close to anyone except her twin brother. Her twin wanted her to act her age though she had no idea what that meant. When she met Mack though her life changed with the thoughts of a new friend. That friendship grew into something she didn't understand. With Mack's help she started to become a new person. Over the course of years and more rumors in lies it was clear to the couple that they needed to confront everything head on. This led the group of friends fracturing and then half went on to move forward and the others were left in the dust. That is when the case of the multi-murder happened and their friend and co-worker Max Anderson walked into their lives. They knew the traps of friendship were always there around them and they came together when they all had too. Also known as *The Friend Trap*

calling in a wellness check: *Lake Bittersweet* Jennifer Bernard, 2024-05-09 In *Lake Bittersweet*, true love can be found where you least expect it... *THE REBOUND* Firefighter Jason Mosedale doesn't take anything seriously except fires—not even himself. But if he wants to catch the attention of gorgeous Kendra, he's going to have to prove that he's more than the charming town heartthrob. So what if they're both on the rebound? As long as they agree it's just for now, no one

will get hurt. But that's the thing about a rebound...you never know where it's going to end up. **THE CRUSH** Out in the forest, wilderness guide Galen Cooper's skill is legendary. But put him anywhere near fourth-grade teacher Brenda McMurray and he can barely remember how to speak. But when a local's last request sends the two of them on a wilderness adventure, their chemistry is combustible. Can a mountain man and a teacher have a future? Maybe, if a simple crush can change two lives forever. **THE DO-OVER** Baseball star Billy Cooper's marriage might have crashed and burned, but he's knocking it out of the park when it comes to co-parenting. Jenna agrees; she couldn't ask for a better ex. But that's where it ends. Right? When a winter storm buries Lake Bittersweet, suddenly things get real for Billy and Jenna. Can two exes who never really fell out of love find their way back to each other for the ultimate do-over? **THE WINTER WISH** Baking cookies, sledding, building snow forts...these are the things trauma nurse Annika Scarlett should be doing as Christmas nears. Instead, she's in a hospital. With billionaire and single dad Brent Caldwell by her side. All Brent wants for Christmas is for her to recover. Well, maybe a little more than that. Between storms, emergencies, and the ghosts of Christmas past, it'll take a miracle for his wishes to come true. Good thing it's that time of year.

calling in a wellness check: *Seeing Like a Child* Clara Han, 2020-12-01 An original blend of autobiography and ethnography that re-examines violence and memory from the perspective of a child of Korean War survivors. This "deeply moving" narrative (Heonik Kwon, author of *After the Korean War*) showcases an unexpected voice from an established researcher. With an unwavering commitment to a child's perspective, Clara Han explores how the catastrophic event of the Korean War is dispersed into domestic life. Han writes from inside her childhood memories as the daughter of parents displaced by war, who fled from the North to the South, and whose displacement in Korea and subsequent migration to the United States implicated the fraying and suppression of kinship relations and the Korean language. At the same time, Han writes as an anthropologist whose fieldwork has taken her to the devastated worlds of her parents—to Korea and to the Korean language—allowing her, as she explains, to find and found kinship relationships that had been suppressed or broken in war and illness. A fascinating counterpoint to the project of testimony that seeks to transmit a narrative of the event to future generations, *Seeing Like a Child* sees the inheritance of familial memories of violence as embedded in how the child inhabits her everyday life. *Seeing Like a Child* offers readers a unique experience—an intimate engagement with the emotional reality of migration and the inheritance of mass displacement and death—inviting us to explore categories such as "catastrophe," "war," "violence," and "kinship" in a brand-new light. "An extraordinary book, bursting with critical insight and affective power." —João Biehl, author of *Vita: Life in a Zone of Social Abandonment*

calling in a wellness check: *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!

calling in a wellness check: *The Littlest Boss* Janet Lee Nye, 2017-09-01 Her daughter always comes first Successful ER nurse Tiana Nelson has sacrificed a lot to provide for her daughter, Lily. She won't let anything, or anyone, jeopardize all she's accomplished. Not even handsome and charming engineer DeShawn Adams. But she's running into him everywhere, and when he connects

with Lily, ignoring their attraction is impossible. After an unexpected visit from DeShawn's past, it's clear that his life isn't as settled as it seems. Tiana can't expose Lily to danger, but walking away from DeShawn isn't easy. Not when Tiana is beginning to suspect that the best thing she can give Lily—and herself—is a future with him.

calling in a wellness check: *The Call of the North* William Stanley, 2022-05-18 The howl of the lone wolf pierces the still northern air. The call of the north beckons for attention from the hardy souls that call this place home. It is a wild, untamed land where nature rules and man has no voice. Survival his only thought as this unforgiving place plays on the minds and souls of even the strongest adventurers. The Call of the North will evoke happiness, sadness, and a sense of adventure set in the far north of Canada. In "The Cabin in the Woods", a couple take over a great-uncle's cabin in the wilderness of the North West Territories. Carrying on his fur trapping trade, this modern story contains romance, adventure and mystery that will capture one's heart. Next, follow two tales set during the Yukon gold rush. In "Yellow Fever", learn how a young couple meets and their lives together begin. Explore the mysteries and legends of a treasure rumored to be hidden somewhere on an old homestead. "The North West Mounted Police" provides the account of two officers who bring law and order to the Dawson City area. New to both law enforcement and survival in the far north, follow their adventures and experiences in the time of the Klondike gold rush. These stories bring to light the hardships the men and women of the north struggled through daily, enduring a harsh environment that brought peace to their souls.

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