



Crisis Guidelines

The following provides guidelines for patients who find themselves thinking of being unsafe. These items listed below can help prevent tragedy in the event you find circumstances become so overwhelming that you find yourself thinking about hurting yourself or someone else.

- You may attempt to contact me by calling the phone number listed below to my office and following directions on the message to contact me directly.
- Tell those closest to you about your thoughts to ensure your physical and emotional safety until these feelings are resolved.
- Call 911 and tell the operator your location and that you are feeling unsafe.
- Go to the nearest hospital emergency room for a mental health evaluation to determine an immediate plan to maintain safety.
- Attend all recommended medical and behavioral health appointments, and take any prescribed medications as directed. Work in close conjunction with medical and behavioral health providers to report symptoms, thoughts and any side effects.
- Try to remember that these thoughts will pass and your outlook on life will continue to improve as you participate in treatment.

Please keep this for your reference