

# In Case of an Emergency

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If you have a mental health emergency, I encourage you not to wait for communication back from me, but do one or more of the following:

- Call \_\_\_\_\_
- Call \_\_\_\_\_
- Call \_\_\_\_\_
- Call Lifeline at (800) 273-8255 (National Crisis Line)
- Call 911
- Go to the emergency room of your choice

## Emergency procedures specific to Telehealth services

There are additional procedures that we need to have in place specific to Telehealth services. These are for your safety in case of an emergency and are as follows:

You understand that if you are having suicidal or homicidal thoughts, experiencing psychotic symptoms, or in a crisis that we cannot solve remotely, I may determine that you need a higher level of care and Telehealth services are not appropriate.

I require an Emergency Contact Person (ECP) who I may contact on your behalf in a life-threatening emergency only. Please enter this person's name and contact information below.

Either you or I will verify that your ECP is willing and able to go to your location in the event of an emergency. Additionally, if either you, your ECP, or I determine necessary, the ECP agrees take you to a hospital. Your signature at the end of this document indicates that you understand I will only contact this individual in the extreme circumstances stated above.

## Please list your ECP here:

**Name:**

**Phone:**

You agree to inform me of the address where you are at the beginning of every session.  
You agree to inform me of the nearest mental health hospital to your primary location that you prefer to go to in the event of a mental health emergency.

## Please list this hospital and contact number here:

**Hospital:**

**Phone:**

You agree to inform me of the nearest police department to your primary location that you prefer to go to in the event of an emergency.

## Please list this police department and contact number here:

**Police Department:**

**Phone:**