

Stefanie Lawson, LCSW The Mindfulness Space Psychotherapy Services, P.L.L.C. 717 Green Valley Rd. Suite 200 Greensboro, NC 27408 Phone: (336) 916-1584 Email: <u>stefanie@themindfulnessspacetherapy.com</u>

Emergency Crisis Policy

If you are experiencing a mental health related emergency or crisis **PLEASE CALL 9-1-1 or go** to your nearest hospital emergency department.

Residents of Guilford County can also receive after hours emergency crisis services at:

Sandhills Center for MH/DD/SA Services Access Center is available 24 hours a day, 7 days a week. Customer Service Specialists will assist you to find a crisis provider that is well-matched with your needs. Your local number is: **800-256-2452**

Have Support Come to You...

Crisis situations are often best resolved at home. Mobile Crisis Teams are available 24 hours a day in all counties. Professional counselors will speak with you and your family during a visit. They have an average response time of 2 hours. This service is provided by: Therapeutic Alternatives at 877-626-1772

Visit <u>crisissolutionsnc.org</u> for a list of behavioral health emergency crisis services in your county.

Additional resources include:

The National Suicide Prevention Lifeline at 1-800-273-TALK (8255)

By signing the Emergency Crisis Policy, you state that you read, clearly understand and agree to the terms of the emergency policy.

Client Signature/Date:

Parent/Guardian Signature/Date (Minor):