

TIP Clinic Client Emergency Resource List

Your safety and successful recovery is of great concern to me. Since I cannot be available to you when I am out of my office, to help ensure your health and safety, please read the following document carefully and keep it in an easily accessible place in your home, in case an emergency arises.

CRISIS RESOURCES

For immediate help, call:

1. **911**
2. **1-800-SUICIDE**
3. Didi Hirsch **Suicide Prevention Center** at **877-727-4747**
4. **1-800-900-3277 (Kaiser Permanente 24-hour care line)**
5. your local **POLICE** department [Van Nuys station: **(818) 374-9500**]
6. any telephone line dedicated to emergency response (search “crisis response” or “suicide” or “suicide prevention,” for example).
7. Your family physician
8. Go to the nearest **EMERGENCY ROOM**

AFTER you or a person helping you has secured emergency help, please inform me of the situation via a text message at 323-445-8900. I will respond as soon as I acquire the message. Please remain mindful that **I do not provide emergency response assistance** because my practice cannot provide the collateral support needed for that.

I cannot help you, without your help.

Please remember:

As a condition of our treatment agreement, you agreed to inform me promptly if you are experiencing a psychological crisis, or if you believe the likelihood you will experience a future psychological crisis has increased.

