

Crisis Resources

Help is just a phone call or mouse click away!

- * **IF IT IS A MEDICAL EMERGENCY, CALL 911.**
- * **If you need to talk to someone right away:**

- ⇒ National Suicide Prevention Hotline (call or chat 24/7)
 - www.suicidepreventionlifeline.org
 - 1-800-273-8255
- ⇒ Local, 24-hour crisis hotlines by county:
 - Berks County - 610-236-0530
 - (Lower) Bucks County - 215-785-3785
 - Chester County - 610-918-2100
 - Delaware County - 610-447-7600/610-237-4210
 - Montgomery County - 610-279-6100
 - Philadelphia County - 215-686-4420
- ⇒ Delaware
 - Anywhere in state - 800-262-9800
 - New Castle County - 302-761-9100
- ⇒ Maryland
 - Anywhere in state - 800-422-0009

- * **If you are an established client of mine and can wait at least 24 hours and still be safe:**

You can call my office **phone number, 610-314-0799**, to leave me a confidential voicemail message, or **use your account on my client portal**. I monitor my phone during business hours and do my best to call back **within 1-2 business days**. If I am taking time off, you will have an option to leave a message for a covering colleague of mine who can return your call to provide a brief phone consultation.

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