



CRISIS PLAN

In case of a crisis emergency, the client is instructed to contact 988 or 911 hotline for assistance. The practice has a back office telephone number if needed for assistance after hours, which is **484-561-1280**. If the client contacts the therapist after hours the following triage measures will take place.

These are individualized steps to reduce harm.

Examples:

- Remove access to weapons
- Secure medications
- Avoid substance use
- Stay with a trusted person
- If the client has a safety plan in place, therapist will have the client review.
- If the therapist believes that the client is at risk, 911 will be dispatched for a wellness check. The therapist will stay on the call with the client until 911 arrives at their home.

The following resources are listed below:

- In an **emergency**, dial **9-1-1** or **visit your nearest emergency room**
- **National Alliance for Mental Illness (NAMI) support groups**

- **Phone:** 267-687-4381

- **Website:** <https://namiphilly.org/nami-family-support-groups.html>

- **Depression and Bipolar Support Alliance**

- **Website:** <https://www.dbsalliance.org/>

- **Mental Health Partnerships**

- **Phone:** 215-751-1800

- **Website:** <https://www.mentalhealthpartnerships.org/>

- **People Acting To Help (PATH)**

- **Phone:** 215-728-4600

- **Website:** <http://www.pathcenter.org/INDEX.HTM>



- **National Suicide Prevention Lifeline**

- Phone: 1-800-273-TALK (8255)

- **Red Nacional de Prevencion del Suicidio**

- Phone: 1-888-628-9454

- **Crisis Prevention Text**

- Text “Home” to 741741

- **Warm Line to Certified Peer Specialists**

- Phone: 1-855-507-9276/1-855-507-3945

- *Available Monday through Friday, 4PM to 7PM

- **DBHIDS 24/Hr Suicide Prevention and Crisis Intervention Service**

- Phone: 215-686-4420

Crisis Response Centers

- **Einstein Medical Center (Germantown Community Center)**

- Address: 1 Penn Boulevard, Philadelphia, PA 19144

- Phone: 215-951-8300

- **Friends Hospital Crisis Response Center**

- Address: Roosevelt Boulevard, Philadelphia PA 19124

- Phone: 215-831-2600 4641

- **Mercy Hospital**

- Address: 501 S. 54th St. Philadelphia, PA 19143

- Phone: 215-748-9525

- **Pennsylvania Hospital (Hall Mercer CMH/MRC)**

- Address: 8th and Locust Street, Philadelphia, PA 19107

- Phone: 215-829-5433

- **Temple/Episcopal Hospital**

- Address: 100 E. Lehigh Avenue, Philadelphia, PA 19125

- Phone: 215-707-2577

- **Philadelphia Children’s Crisis Response Center**

- Phone: 215-685- 6440