



Emergency & Crisis Response Policy

As a solo therapist in private practice, a clear plan for handling emergencies and client crises is essential to protect client safety and manage professional responsibilities. This document outlines how crises are handled, how clients are informed, and what resources are available to them.

1. Expectations Upfront

I do not provide 24/7 crisis services. If you are experiencing a mental health emergency, call **911/988**, go to the nearest ER, or contact a crisis line. I will respond to non-urgent messages during business hours only.

2. Local and National Crisis Resources

- National Suicide & Crisis Lifeline: Dial **988**
- Crisis Text Line: Text **HOME** to **741741**
- Harris Center Crisis Line (Houston area): 713-970-7000
- Local psychiatric hospitals: Westpark Springs (Richmond, TX) 832-535-2770

3. Responding to a Crisis Situation

If you are in crisis, therapist/support member can take the following steps:

- Assess the level of risk (e.g., suicidal ideation, plan, means, intent).
- If there is imminent risk, call **911/988** or a mobile crisis unit. This can be done with or without the client's consent depending on the situation.
- For moderate risk, consider a safety plan, increasing session frequency, and involving trusted supports.
- Always document your assessment, interventions, client statements, and actions taken.