**Informed Consent, Emergencies**

I understand that my therapist is a solo practitioner and cannot guarantee 24/7 availability for crisis services. I can reach out to my therapist at any time, but if I am unable to reach her, I agree to the following:

* If I am considering acting on thoughts of harming myself or others, I need to call 911 and report this or go directly to the emergency room. I agree to notify my therapist of these thoughts and seek immediate help if I am a danger to myself or others.
* If I am having a mental health emergency such as mania or psychosis, I agree to seek help by going to the emergency room or calling 911.
* If I am NOT a danger to myself or others, but feel I need to speak with someone right away, I will call the following (as appropriate) and notify my therapist ASAP:

**Journey Mental Health 24-Hour Crisis Line**: 608-280-2600

**National Suicide Prevention Lifeline**: 800-273-8255

**Rape Crisis Center**: 608-251-7273

**Briarpatch Youth Services 24-7 Helpline for teens and parents**: 608-251-1126 or 800-798-1126, if outside Dane County

**Domestic Abuse Intervention Services (DAIS) 24-7 Helpline**: 608-251-4445

**Narcotics Anonymous**: 608-258-1747

**Alcoholics Anonymous**: 608-222-8989

**Al-Anon**: 608-258-0314

**Parent Stressline:** 608-241-2221 8am-10pm, 7 days per week

Client Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_

Therapist Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_