IMPORTANT: PLEASE READ CAREFULLY

To All Clients:

Transformations Counseling provides daytime outpatient mental health services. *In cases of emergency, please call 911 or go to your nearest emergency room.* If you are unable to drive yourself to the emergency room and do not have someone to take you there safely, call 911 for an ambulance.

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Psychological emergencies include thoughts of self-harm, thoughts of harming others, feelings of desperation, prolonged feelings of hopelessness, or disorientation (inability to understand where you are, to remember what date or day of the week it is, or to recognize people you know).

An emergency room will examine you and provide you an opportunity to obtain after hours treatment so that you can feel safe and calm again.

If you go to an emergency room for treatment, please inform your therapist as soon as possible. This will help your therapist to provide you appropriate aftercare treatment.

We want to provide you the best possible care. After normal working hours, this is the best procedure to follow for emergencies.

Sincerely,

*Ann Bealke,* MA, LMHC

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Client Signature Date

cc: client file