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EMERGENCY AND NON-EMERGENCY PROCEDURES

Non-Emergency Procedures: I provide non-emergency psychotherapeutic services by scheduled appointment. I access my voicemail and email Monday through Friday, 9:00 am to 5:00 pm, and will return calls or reply to messages within 1 business day. I cannot guarantee that I will receive messages left after hours or on weekends until the next business day. You may call or email me regarding scheduling issues or resources to be used outside of sessions. You can also text me regarding scheduling issues, and I will return your text during normal business hours. However, information relevant to therapy should be reserved for your next therapy session so we have the time to adequately discuss the matter; please let me know if you need to meet sooner than your next scheduled appointment.

Emergency Procedures - Crisis Services – If you feel you (or your child) are unsafe and might need hospitalization, please call: Highlands Behavioral Health (in Littleton) at 720-348-2800 or Centennial Peaks Hospital (in Louisville) at 303-673-9990, for a free Level-of-Care Assessment. Or, contact your insurance carrier’s crisis procedure telephone number.

You may also call the Rocky Mountain Crisis Partners toll-free at 1-844-493-TALK (8255); this is a 24-hour crisis line providing support, safety-planning, and referrals for assistance.

***If you (or your child) are experiencing a psychiatric emergency of imminent danger, proceed to your nearest hospital emergency room or dial 911.**

In addition, listed below are community mental health centers for counties in the Metro Denver area, which may be able to provide additional behavioral health support or resources:

Adams	303-853-3500 (24-hour crisis line)
Arapahoe and Douglas	303-795-6187 (24-hour crisis line)
Aurora	303-617-2300 (24-hour crisis line)
Boulder and Broomfield	303-443-8500 (24-hour crisis line)
Denver	303-436-6266 (24-hour crisis line)
Jefferson/Gilpin/Clear Creek	303-425-0300 (24-hour crisis line)
Longmont area	303-678-6200 (8AM to 5PM crisis line) & 303-447-1665 (evenings and weekends)

Child and Adolescent-Specific

Teens: Urban Peak	303-777-9198
Gemini House	303-235-0630
Rainbow Alley (GLBTQ)	303-831-0442
Jefferson County Juvenile Assessment Center	720-497-7770

Families First (support line)	1-800-695-7996
Family Tree (women in crisis)	303-420-6752 (hotline)