

*Maine Counseling & Consultation LLC  
61 Brixham Road  
York, Maine 03909  
207-351-1538*

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### **Emergency/Crisis Plan**

As private practice practitioners, we are not set up for a 24-hour service to our clients. In the event of an emergency after our business hours, which usually are, Monday thru Thursday, 9:00AM – 8:00PM, the following identify the procedures you can take to keep yourself safe:

- ✓ Call someone that can be with you to help you maintain safety.
- ✓ Consider all the options you have. For example, take a walk; be with a friend; realize that you are considering a **permanent solution to a temporary situation.**
- ✓ Call people who are specialized in understanding your personal situation. The Crisis Response Service of Southern Maine is **1-888-568-1112.**
- ✓ You may leave a message on our office voice mail 207-351-1538; then calling Leo at 207-229-6896 and Linda at 207-752-1461. If we do not respond within a half hour, please call again. We would suggest you consider the above choices until we are able to respond to you.

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