

New Hope Counseling Services 24 Hour Crisis Information

Your therapist, **Dianna Aideuis**, can be reached anytime, including daytime, nights or weekends on her cell phone at **(252) 947-1072** if you feel that you are struggling and need her help.

Your therapist wants to ensure that you have the support and care that you need at any time. If you call during office hours and your therapist is with other clients, you will be asked to leave a message. Please leave your name and describe the situation as well as how quickly you need assistance. She will check the message periodically and call you back between appointments or at the end of the day for less urgent situations.

If you have a Medical Emergency that requires immediate assistance, call **9-1-1**.

If you have a serious medical problem such as serious physical injury or you fear for your immediate safety or the safety of others, you or someone else should call EMS or Emergency Medical Services. They will send the appropriate responders to your location to assist you immediately. Stay on the phone with the 9-1-1 Operator until help arrives to give them information about the situation and your exact location. Some reasons to call EMS would include situations like:

- Physical injury that requires medical attention
- Loss of consciousness
- Ingestion of medication, drugs or alcohol with the intent to harm yourself
- Fear for your personal safety
- Fear for the safety of others around you

You can call the Mobile Crisis Team when it is available in your area.

Crisis Assistance is available 24 hours/ 7 days a week by calling

In Pitt county area (866) 437-4617

In Roanoke-Chowan area (866) 437-4614

In Green, Wilson, Edgecombe or Nash area (866) 437-4618

The responders for the Mobile Crisis Team have training to assist you with specialized care and treatment for mental health or behavioral problems. The Mobile Crisis Team will respond to any individual 24/7 in the counties of Beaufort, Bertie, Camden, Chowan, Currituck, Dare, Gates, Hertford, Martin, Northampton, Pasquotank, Perquimans, Pitt, Tyrell and Washington regardless of insurance, Medicare or Medicaid. They can assist patients and families dealing with situations like:

- Suicidal or depressed persons
- Persons with homicidal thinking
- Domestic violence
- Delusional and psychotic persons
- Family and Marital Conflicts
- Emergency Petition Situations
- Anyone in Crisis

You can also call the 24-hour crisis line for your LME (Local Management Entity). These agencies are designed to assist citizens with mental health issues, substance abuse and development disabilities. They primarily provide care for Medicaid and indigent clients, but will respond to all behavioral health crisis calls, regardless of insurance.

Your LME is _____

Crisis line _____