



## Crisis Contact Information

Modern Wellness Psychotherapy & Healing

333 North Dobson Rd, Suite 5, Chandler, AZ 85224

480-280-8888

### Crisis Contact Information

Services at Modern Wellness Psychotherapy & Healing are committed to helping individuals and families cope through the use of psychotherapy. Modern Wellness Psychotherapy & Healing does not provide crisis response or emergent psychological support.

However, some life stressors can be overwhelming. This sheet provides you with crisis phone numbers that you can call 24 hours/day, 7 days per week if you are having an emergency, crisis, or have thoughts of hurting yourself or someone else. Because Modern Wellness Psychotherapy & Healing cares about you and your safety, the following information is being provided and you are being asked to commit to what is below.

Please agree to contact one of the following resources if you find yourself in that situation:

EMPACT Suicide Hotline: 480-784-1500

National Suicide Prevention Hotline: 1-800-273-8255

MMIC Behavioral Health Crisis Line: 602-222-9444

Central Arizona Warm Line: 602-347-1100

BY SIGNING BELOW I AM AGREEING THAT I HAVE READ, UNDERSTOOD AND AGREE TO THE ITEMS CONTAINED IN THIS DOCUMENT.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Witness:** \_\_\_\_\_

**Date:** \_\_\_\_\_