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### **Emergency Contact Numbers**

As your therapist, I am limited in assisting you with emergencies. I am not available on weekends or outside of daily work hours. The following emergencies are described and emergency numbers are given for each specific situation.

- **Run Away:** If your child has run away, or has left your home and 24 hours have passed call 911 and make a missing persons report. If your child is on probation and has left without permission, call their court counselor and notify them (232-2564).
- **Suicide:** If anyone threatens or makes suicidal gestures, talks about suicide or has thoughts of wanting to kill themselves, call 911. Threats or suicidal thoughts /gestures need to be taken seriously and the person needs to be evaluated by a psychiatrist.
- **Homicide:** If anyone threatens to kill someone call 911. Even if they are verbal threats of violence they need to be taken seriously.
- **Violence:** If you are involved in a relationship where there is domestic violence (physical, emotional, sexual abuse) by a wife/husband, boyfriend/girlfriend, boyfriend/boyfriend, girlfriend/girlfriend call the 24 hour Helpmate Crisis line 254-0516. You can also call this number for information regarding your situation.
- **Psychiatric Emergency:** If anyone is showing signs of psychosis for example (hearing voices, seeing things that do not exist, behaving and talking outside of reality) and you are worried about the safety of this person call 911.
- **Overdose of drugs:** call 911.
- **Child Neglect and Abuse:** If you are a witness or are participating in the abuse or neglect of a child contact the Buncombe County Child Protection Services (250-5900) and report the abuse. This report can be anonymous. Physical abuse is physical contact that leaves marks or bruises on a child. Be prepared to leave detailed information about the child and what you have witnessed. The Department of Social Services, Child Protection Unit will take the information and decide if an investigation will occur, you will be notified by the Department if your report will be investigated or not.

#### **Important numbers:**

Asheville Police 911

RHA Mobile Crisis 1-888-573-1006

RHA Comprehensive Care Center: 24/7 Support 254-2700

Child Protection Services 250-5900

Helpmate (domestic violence) 254-0516

National Suicide Prevention Hotline 1-800-273-8255

The Trevor Project (Crisis and Suicide Prevention for LGBTQ youth) 866-488-7386

Trans Life Line 877-330-6366