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## EMERGENCY AND NON-EMERGENCY CONTACT PROCEDURES

You can call or text Dagmara Svetcov, LMFT at 925-575-8706 to discuss appointment times or changes. If you need additional support, or if you have other non-emergency concerns or questions, you can make a call and leave a confidential message; however, calls may not be responded to immediately.

If you are experiencing an emergency, crisis, or need immediate assistance, please call 9-11 or go to your nearest emergency room.

<b>Emergency:</b>	<b>9-1-1</b>
<b>24-Hour Suicide Prevention:</b>	<b>1-800-SUICIDE</b>
<b>National Suicide Prevention Lifeline ( 24/7 Line):</b>	<b>1-800-273-TALK (8255)</b>
<b>Teen Contact Care Crisis Line (Alameda County):</b>	<b>925-945-TEEN (8336)</b>
<b>Alameda County Crisis Line ( 24/7 Line):</b>	<b>1-800-309-2131</b>
<b>John George Psychiatric Pavilion:</b> 2060 Fairmont Drive, San Leandro, CA <i>24/7 Crisis Hotline and Walk-in Services</i>	<b>510-346-7500</b>
<b>Sausal Creek Outpatient Stabilization Clinic:</b> 2620 26 <sup>th</sup> Avenue, Oakland, CA Services to adults in acute distress or discomfort as a result of mental illness, difficulty with medications, or personal/family crisis. Open to referrals and walk-ins	<b>510-437-2363</b>
<b>Community Crisis Response Program:</b> <i>For Alameda County residents. Hours of operation: 12:00PM to 8:00PM, Monday to Friday</i>	<b>510-268-7836</b>
<b>ACCESS Program:</b> <i>Hotline for Alameda County residents in need of crisis care or other mental health needs</i>	<b>800-491-9099</b>