



R.A.N Counseling

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Emergency Resources and Procedures

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AFTER-HOURS EMERGENCIES

R.A.N. Counseling is a non-crisis practice. Services are provided by appointment only. I do not provide 24/7 crisis coverage and may be unavailable to respond immediately to phone calls, voicemails, or emails, including during scheduled sessions or outside of business hours.

If you are experiencing a mental health emergency, are at risk of harming yourself or someone else, or need immediate assistance, please call 911, contact your local crisis line, or go to the nearest emergency department. Please do not wait for a return phone call, voicemail response, or email reply from this practice in an emergency.

As a professional courtesy, the following section includes emergency phone numbers, mobile crisis resources, and emergency departments for the states in which this practice provides services. Crisis resources and contact information may change over time; please verify current information when needed. These resources are provided to assist you in accessing appropriate emergency support and are not a substitute for emergency services.

Crisis hotlines:

Text or call 988 for the Suicide & Crisis Lifeline (available 24/7)

911

Lyra 24/7 crisis hotline: (877) 505-7147

The National Suicide Prevention Lifeline is (800) 273-8255. The Lifeline provides 24/7, free and confidential support for people in distress and prevention and crisis resources for you or your loved ones.

LGBT National Hotline: 1-888-843-4564
M - F, 1pm to 9pm, pacific time (4pm to midnight, eastern time)
Sat, 9am to 2pm, pacific time (noon to 5pm, eastern time)

North Carolina Resources

North Carolina Crisis Hotlines

988

The NC Peer Warmline (1-855-PEERS-NC)/855-733-7762 is a free, private phone number you can call day or night to talk with someone who understands.

Crisis helpline: Hope4NC Helpline: 1-855-587-3463.

Mobile Crisis:

Many times situations or crises occur that need an immediate response, but are not life-threatening. For these situations, North Carolina offers Mobile Crisis Management (MCM). MCM provides telephone and/or face-to-face assistance 24-hours a day, seven days a week. The mobile crisis team is composed of counselors who will meet you somewhere that you feel safe. Below are some mobile crisis numbers that you can call.

Buncombe County 888-573-1006
Cabarrus County 866-275-9552
Forsyth County 866-275-9552
Franklin County 844-709-4097
Haywood County Appalachian Community Services 888-315-2880
Mecklenburg County 1-704-566-3410
Wake County 877-626-1772

Behavioral Health Urgent Care (BHUC) Centers:

Are an alternative to the emergency department for children and adults experiencing a mental health or substance use crisis. An individual can remain at the center for up to 23 hours and receive triage, crisis risk assessment,

evaluation, and intervention for urgent or emergent needs. Below are BHUC centers at the following facilities:

Smith Family Behavioral Health Urgent Care-616 Colonnade Dr, Charlotte, NC 28205

Phone: (704) 273-3942

Open 24 hours

Appalachian Community Services (NCG Acquisition) – The Balsam Center, 91 Timberlane Rd., Waynesville, NC 28786 828-454-7220 Adult Recovery Unit: 828-454-1098

RHA Health Services – Alamance Behavioral Health Center, 963 Kirkpatrick Road, Burlington, NC 27215

RHA Health Services – Asheville C3 Comprehensive Care Center, 356 Biltmore Ave., Asheville, NC 28801
(828) 254-2700

RHA Health Services – Caldwell C3 Comprehensive Care Center, 2415 Morganton Blvd. SW, Lenoir, NC 28645
(828) 394-5563

Daymark Recovery Services – Rockingham County, 355 County Home Road, Reidsville, NC 27320 (336) 342-8316

Daymark Recovery Services - Cabarrus Center, 284 Executive Park Dr. Suite 100 Concord, NC 28025

North Carolina Hospitals/Emergency Rooms:

1. Located in: Mission Hospital
509 Biltmore Ave, Asheville, NC 28801
(828) 213-1111
2. South Asheville ER

2512 Hendersonville Rd, Arden, NC 28704

(828) 376-7111

3. Atrium Health Wake Forest Baptist Wake Forest Baptist Medical Center Emergency Department

1 Medical Center Blvd

Winston-Salem, NC 27157

(336) 716-9253

4. Located in: Novant Health Clemmons Medical Center

6915 Village Medical Cir, Clemmons, NC 27012

(336) 893-1000

5. Located in: Franklin Medical Center

100 Hospital Dr, Louisburg, NC 27549

(919) 340-8700

6. Atrium Health Carolinas Medical Center

1000 Blythe Blvd.

Charlotte, NC 28203

704-355-2000

7. Atrium Health Kannapolis

711 Lane Street, Kannapolis, NC 28083

(704) 403-4800

8. Haywood Regional Medical Center

262 Leroy George Dr

Clyde, NC 28721

(828) 456-7311

9. Transylvania Regional Hospital

260 Hospital Dr

Brevard, NC 28712

(828) 884-9111

District of Columbia Resources

District of Columbia Crisis hotlines:

Suicide hotline number: 988

Access HelpLine: 1-888-793-4357. Available 24/7

The Community Response Team offers 24-hour services to communities experiencing psychiatric emergencies, trauma, or show signs of mental health and substance use disorders.

To reach the Community Response Team any time call 202-673-6495 or visit:

35 K Street, NE Washington, DC 20002

District of Columbia Hospitals/Emergency Rooms:

1. Located in: MedStar Washington Hospital Center

110 Irving St NW, Washington, DC 20010

(202) 877-7000

2. Located in: George Washington University Hospital

Address: 900 23rd St NW, Washington, DC 20037

Phone: (202) 715-4000

3. Located in: Sibley Memorial Hospital

Address: 5255 Loughboro Rd NW, Washington, DC 20016

Phone: (202) 537-4080

Virginia Resources

Virginia Hotlines

Suicide hotline number: 988

For free, 24/7 mental health crisis support: You can call the Virginia Mental Health Hotline at 866-903-3787

McLean [County Center for Human Services](#) Crisis Team at 309 827 5251

Alexandria, VA:

Text or call 988 for 24/7 mental health support

Call 911 and ask for the Alexandria Co-Response Program (ACORP) or Crisis Intervention Team (CIT)

Emergency Mental Health services: For local support and walk ins: 703.746.3401 (Monday–Friday) for communitybased services, 4850 Mark Center Drive, First Floor.

Emergency Services also offers walk-in hours at our offices, located at 4850 Mark Center Drive, First Floor, Monday through Wednesday from 8 a.m. to 8 p.m., and Thursday and Friday from 8 a.m. to 5 p.m. Are available for telehealth evaluations after hours. They suggest that you call Emergency Services at 703.746.3401 before walking in so that we may prepare for your arrival.

Inova Alexandria Hospital

Address: 4320 Seminary Rd, Alexandria, VA 22304

Phone: (703) 504-3066

Arlington County:

Regional Crisis Call Center

703-527-4077 or text CONNECT to 855-11

24 hour mobile crisis response

Crisis Intervention Center:

The Crisis Intervention Center (CIC) provides behavioral healthcare services in a community-based setting to individuals experiencing a behavioral health crisis. The center is open 24 hours per day, seven days a week, to individuals of all ages experiencing a crisis. The CIC provides a warm, comfortable person-centered environment focused on recovery and wellness.

Phone: 703-228-5160

2120 Washington Blvd

Arlington VA 22204

Fairfax County/Falls Church:

Mobile Crisis Unit Hours

8 a.m. to 12 midnight daily

703-573-5679

Fax 703-876-1640

When the MCU is not able to respond, the Emergency Services staff at the Bulova Center is available for consultation and accepting MCU referrals.

Bulova Center

8221 Willow Oaks Corporate Drive Lower Level

Fairfax, Virginia 22031

24 Hour Service 703-573-5679

Fredericksburg, VA:

Emergency Services: 540-373-6876

24 hours a day/7 days a week

Loudoun County, VA:

Text or call 988 for 24/7 mental health support

Teams can come help you where you are. Anyone experiencing a crisis related to mental or behavioral health that would like to meet with someone:

Call the Regional Crisis Call Center at 703-527-4077 for 24/7 Mobile Crisis

The Loudoun County Crisis Intervention Team (CIT) Assessment Center provides behavioral health evaluation, crisis intervention and stabilization services, as well as referrals to various resources for anyone experiencing a behavioral health crisis.

Individuals experiencing suicidal thoughts, substance use, and/or a mental health crisis, or any other kind of emotional distress may walk-in to the Loudoun County Crisis Intervention Team (CIT) Assessment Center for evaluation, crisis intervention and stabilization services, as well as referrals to various resources. The CIT Assessment Center is open Monday-Friday, 9:00 a.m. – 5:00 p.m. and is located at:

102 Heritage Way NE, Suite 102

Leesburg, VA 20176

Emergency behavioral health support services are available 24/7 by phone at 703-777-0320.

Virginia Hospitals/Emergency rooms:

Inova Loudoun Hospital Emergency Room

44045 Riverside Pkwy, Leesburg, VA 20176

Leesburg, VA · (703) 858-6040

Open 24 hours

Inova Emergency Room - Leesburg (Dept of Loudoun Hospital)

224 Cornwall St NW, Leesburg, VA 20176

Leesburg, VA · (703) 737-7520

Open 24 hours

Inova Emergency Room - Ashburn HealthPlex (Dept of Loudoun Hospital)

22505 Landmark Ct Ste 100, Ashburn, VA 20148

Ashburn, VA · (571) 612-6400

Open 24 hours

Inova Fairfax Medical Campus

Address: 3300 Gallows Rd, Falls Church, VA 22042

Phone: (703) 776-3116

Inova Alexandria Hospital

Address: 4320 Seminary Rd, Alexandria, VA 22304

Phone: (703) 504-3066

VHC Health - Virginia Hospital Center

Address: 1701 N George Mason Dr, Arlington, VA 22205

Phone: (703) 558-6168

Inova Loudoun Hospital Emergency Room

44045 Riverside Pkwy, Leesburg, VA 20176

Leesburg, VA · (703) 858-6040

Inova Emergency Room - Leesburg (Dept of Loudoun Hospital)

224 Cornwall St NW, Leesburg, VA 20176

Leesburg, VA · (703) 737-7520

Inova Emergency Room - Ashburn HealthPlex (Dept of Loudoun Hospital) 22505 Landmark Ct Ste 100, Ashburn, VA 20148
Ashburn, VA · (571) 612-6400

Colorado Resources

Colorado Crisis Hotlines:

Text or call 988 for free, 24/7 crisis and suicide hotline
Colorado Crisis Services: Text "TALK" to 38255 or call 1-844-493-8255 (8255) for immediate support, or visit coloradocrisiservices.org for chat and walk-in info.
SummitStone Health Partners Mobile Response: 24/7 mobile team for in person crisis support in Larimer County.
Call 988 or 1-844-493-8255.

WellPower Mental Health Services - Walk-in Crisis Center

4353 E Colfax Ave
Denver, CO 80220.
Phone: (844) 493-8255
Open 24 hours

The Health Solutions Crisis Living Room/Emergency Crisis Services

1310 Chinook Lane Pueblo, Co 81001
Phone: [(719) 545-2746](tel: 7195452746)
Open 24/7

The Crisis & Recovery Center

Open 24/7
4643 Wadsworth Blvd.
Wheat Ridge, CO 80033
303-425-0300

Hospitals/Emergency Rooms:

1. Located in: Denver Health
Address: 777 Bannock St Pavilion A, Denver, CO 80204
Phone: (303) 436-6000
2. UCHealth Poudre Valley Hospital
Address: 1024 S Lemay Ave, Fort Collins, CO 80524
Phone: (970) 495-8020
3. UCHealth Laboratory - Harmony Campus
Address: 4630 Snow Mesa Dr, Fort Collins, CO 80528
Phone: (970) 237-8100
4. **Banner Fort Collins Medical Center Fort Collins, CO**
Address: 4700 Lady Moon Dr, Fort Collins, CO 80528
Phone: (970) 821-4000
5. Parkview Medical Center- Emergency Room
Located in: UCHealth Parkview Medical Center
400 W 16th St, Pueblo, CO 81003
Phone: (719) 584-4000
6. St. Anthony Hospital Emergency Room
11600 W 2nd Pl
Lakewood, CO 80228
720. 321-0000

7. CommonSpirit Emergency & Urgent Care Lakewood
280 S Wadsworth Blvd, Lakewood, CO 80227
(303) 649-3620

Your signature below acknowledges that you understand and agree to follow Practice's Emergency Procedures in the event you need immediate support or if there is a mental health crisis, as outlined above.

☐ Agreement & Signature

Date (YYYY-MM-DD)