

**J. Mark Trusler, MS, LMHC  
Alliance Behavioral Health Services, PC**

**CRISIS CONTACT PROCEDURE**

If you are in crisis between the hours of 9:00pm and 9:00am Monday through Friday, or anytime Saturday or Sunday, and you need to talk with me, call my cell phone at **812-240-0737**. If no answer, leave a message letting me know who you are, how you can be reached, and a brief description of the crisis situation. If I do not return your call within 10 minutes, call the Hamilton Center 24 hour crisis line at **1-800-742-0787** (*you will get an automated system, press 1 to get the crisis line*).

Note: if you are having serious thoughts of harming yourself or someone else, go to the emergency room (ER) of the hospital closest to you. If you do not have transportation, or if you are afraid you will hurt yourself before you arrive, call **9-1-1**.

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Client Signature

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Date