**Telecounseling Emergency Response Plan**

Telecounseling refers to the provision of counseling services using technology while the counselor is in one place and the client/student is in a different place. All content shared in the counseling relationship is confidential with the following exceptions: (a) you direct me in writing to disclose information to someone else, (b) it is determined you are a danger to yourself or others (including child or elder abuse), or (c) I am ordered by a court to disclose information. This plan will be used in the case that you are in immediate danger to yourself or others. Only the minimum information required to ensure safety will be shared.

Client initials:

Client’s permanent address:

Client’s phone number:

Client’s current location:

1. The client’s current location will be confirmed at the beginning of every session.
2. In the event of an immediate crisis, emergency services will be called.

9-1-1 (if available)

Local Police

1. In the event of a non-emergent crisis, the contact(s) listed below will be called. If the emergency contact is not available, emergency services will be called.

Emergency Contact Name:

Emergency Contact Phone Number:

Emergency Contact Address:

Emergency Contact Name:

Emergency Contact Phone Number:

Emergency Contact Address:

1. If the emergency contact is not able to resolve the crisis, mobile crisis will be called to your house to assess and support:

Daylight Recovery Services  
800-585-9988

1. Alternatively, the emergency contact can escort you to the Local Urgent Care:

FastMed Urgent Care

5000 N Stratford Rd, Salem, OH 44460

(330) 714-5399

1. Additional Information

Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

1. \_\_\_Feelings of intense guilt\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_Thinking about death\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_Head starts swirling with bad thoughts\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Internal coping strategies – Things I can do to take my mind off my problems:

1. \_\_\_\_Writing\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_Exercising\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_Watching the birds\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. \_\_\_\_\_Calling a friend\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Social settings that provide distraction:

1. Coffee Shop

2. Park

People who I can ask for help:

1. \_\_\_Sister Stephanie\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_Friend Charlotte\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Suicide Prevention Lifeline: 1-800-273-TALK (8255)