

Hours of Operation  
Monday - Friday 9:00 am to 5:00 pm

## **What to do in an emergency:**

If you are having a psychiatric emergency please go to the emergency room of the nearest hospital

Other support services include:

- The Alameda County Crisis Support Services Crisis Line at 1-800-309-2131
  - Call 1-800-SUICIDE
  - [www.crisissupport.org](http://www.crisissupport.org)

Note: As I am the sole proprietor in a private practice I may not always be available when you have a crisis. Please have this emergency contact information available to you at all times.

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