

How to work through a crisis

Important Note: If it's an emergency, take yourself and any other children to your room. Lock the door, and call 911 for help.



Pray and ask God to show you what to do in the moment. Be obedient!



Write down bullet points of what happened for your next scheduled consult



If you cannot wait until your next consult, book an extra one sooner for a small fee



Reach out to your therapist and book an appointment