

What to do in a Psychiatric Emergency

I want to advise you about what you should do if you or someone you know experiences a psychiatric emergency. Examples include thoughts of imminent suicide or a suicidal gesture, paralyzing panic attack, or episode of extreme intoxication.

I do not operate as an acute psychiatric care facility. I am an out-patient, non-residential clinical practice that offers individual and couples counseling to people who are not in acute psychiatric crisis.

Should you or someone you know experience a psychiatric emergency, here are services in the local area that assist people in crisis:

- 911 if in imminent danger

- Merrimack County Mobile Crisis Services
844-743-5748

- Concord Hospital Behavioral Health Services
603-225-2711
(Located in Concord at 250 Pleasant Street)

- Catholic Medical Center Crisis Intervention
603-668-3545
(Located in Manchester at 100 McGregor Street)

- New Hampshire Addiction Crisis Line
844-711-4357

These services offer 24/7 coverage and can be accessed quickly.

Once the crisis has passed, you or someone you know should call and provide me with an update.

Roger Ballou
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