



Mental Health After-Hours Services Protocol

- 1. Follow your Personal Safety Plan**
- 2. Call National Suicide Prevention Hotline
1-800-273-8255 (TALK)**
- 3. For Alcona Health Center patients, contact the after hours On-Call Physician and follow their recommendation. (989) 736-8157**
- 4. If you are a harm to yourself or others, please dial 911 or go directly to the closest Emergency Room for a Mental Health Assessment.**

Tawas Hospital (989)362-9351

Alpena Emergency Room (989)356-7000

- 5. Contact Mrs. Marsh at (650)503-9414 for non-emergency support. She will return your call within 48 hours.**