

## **PHONE SESSION HANDOUT**

### REGULAR PHONE SESSION

Dr. Federici will initiate all phone sessions. If you are unavailable at the scheduled time for a phone session, or do not answer the call, Dr. Federici will wait a few minutes and call you back. He will try to reach you three times. If circumstances prevented you from answering the phone when Dr. Federici called, if it is safe, you may call him if it is still within the time frame of your scheduled appointment. Your phone session however will end at the originally scheduled ending time. If the call gets disconnected, Dr. Federici will return the call to you. If you are not in the midst of an emergency, and there were technical difficulties with the phone lines, and Dr. Federici did not return the call wait 2 minutes, and then call Dr. Federici at (973) 533 1208. In the unlikely event that Dr. Federici doesn't answer, please leave a message. Dr. Federici will return your call as soon as possible.

### PATIENTS IN CRITICAL CRISIS PHONE SESSION

If Dr. Federici feels that you potentially could fall into a critical crisis category, he will discuss what you should do in advance of phone sessions. In general, you should be going to the office for regular in person sessions. If the circumstances are that you need Phone sessions the *Emergency Plan* that should be followed. Make copies of the plan and have it posted in any location that you stay regularly.

**EMERGENCY PLAN FOR PHONE SESSIONS**

Tell Dr. Federici where you are, and who is near you. If the connection fails while your are speaking with Dr. Federici and you are experiencing an emergency situation you have several options, depending on the criteria and the severity of the crisis. Dr. Federici will try to call you back, but do not wait for him. You must take action. You can call your family physician, psychiatrist, or the nearest emergency room and ask for the psychologist or psychiatrist on call. You can try calling a trusted friend or family member if they are nearby. If you are experiencing a life threatening emergency call 9-1-1. Below are other useful resources that you might want to copy and keep handy. You should add other useful numbers that you think would be helpful or available in your area, such as your psychiatrist if you have one.

National Suicide Prevention Lifeline	800 273 8255
NJ Hope Line Suicide Prevention	855 654 6735
NJ Mental Health Cares	866 201 HELP (4357)
NJ Connect for Recovery	855 652 3737
IME Addictions Access Center	844 2pSYC76 2777
NJ Poison Control	800 222 1222
Dr. Federici	973 533 1208
Psychiatrist	_____
Family Doctor	_____
Pharmacy	_____

**PLEASE MAKE COPIES AND KEEP IT POSTED WHERE IT WILL BE EASILY ACCESSIBLE**