**Phone Reference Sheet**

In case your internet is down, it is always good to have an old-fashioned Emergency contact phone list available (sure, you can put it in your phone Notes, as a computer file, or whatever works for you, but take the time to look up key contacts now to have on hand as needed!)

Local schools

 School name: Phone: Contact person:

Police non-emergency numbers:

Counseling Centers

 General

 Suicide/depression

 Eating Disorders

 Addiction/chemical dependency

 Self Injury

 Family Systems

 Crisis Pregnancy

 Crisis hotlines

Hospitals:

Ambulance: