

Barbara Sheehan-Zeidler, MA, LPC

January 3, 2013 7:49 PM

To: Tamara Suttle, M.Ed., LPC, CHt <tamaragsuttle@gmail.com>

[Hide Details](#)

Returning to the office on January 4th Re: Call me crazy - OALP



Hello....

Thank you for contacting me. I am out of the office right now and will respond to emails as of January 4, 2013.

Please read below for further assistance if you are a new client, an established clients, or someone in a crisis situation.

(1) If you are a **new client** seeking services, please know that I will contact you as soon as I return, and I look forward to connecting with you.

(2) If you are an **existing client** confirming your appointment or needing information that can wait until I return, please know that I will be checking email/phone messages upon my return and will respond right away. See below for crisis phone numbers, if needed.

(3) If you are **in crisis**, you may want to call a crisis line if you need to speak to a mental health professional or domestic violence advocate immediately. Below please see a list of resources available in the community and their contact information:

- The Women's Crisis and Family Outreach Center (domestic violence)
303-688-8484

- Highlands Behavioral Health
720-348-2800

- Aurora Mental Health
303-617-2300

- Mental Health Corporation of Denver:
303-504-6500 or 303-504-1250

- Arapahoe/Douglas Mental Health
303-730-3303

- Metro Crisis Line
1-888-885-1222

If this is an emergency, please call 911 or go to your nearest emergency room.

Thank you again for contacting me. I will be responding to messages promptly upon my return.

All my best...

...Barbara