



# Samadhi Psychiatric

*"It's the Journey that Matters"*

**Erik Morris PMHNP LLC**

9900 SW Greenburg Rd.  
Suite 205  
Tigard, OR 97223

**Phone:** (503) 206-5578 | **Fax:** (503) 935-5884

**E-mail:** [SamadhiPsychiatric@pm.me](mailto:SamadhiPsychiatric@pm.me)

Medical Assistant, Anneliese Alburas: This number is great for texting 503-446-9863

## **Office Hours and Scheduling Procedure:**

---

### **To schedule an appointment:**

Consider texting (Ideal) or calling my medical assistant, Nellie Alburas at 503-446-9863. This is not the office line but is checked throughout the work week.

Alternatively, you can call the front office staff member Crystal Wilson at 503-206-5578 and leave a message. If the call goes to voicemail, leave a message, and she will get back to you as she is available.

**For administrative or other general questions, contact the numbers above.**

If there is a specific medication side effect related question that cannot wait until your next psychiatric follow up appointment than send a message to: [SamadhiPsychiatric@pm.me](mailto:SamadhiPsychiatric@pm.me)

**\*\*Please use this email address very sparingly and only if you cannot wait until your next scheduled Appointment and or if you do not mind possible extra charges. Remember, that you can call or text 503-446-9863 or call the front desk number: 503-206-5578 to ask to schedule an earlier appointment, if needed.**

**\*\*Please understand that if I am asked to address an issue outside of an appointment that takes more than several minutes of my time, you may be billed for that time.**

When you use email or text: Please provide your full name in the message. I might not recognize you by your email name.

### **Medication Refill Requests:**

If for some reason, you need a refill on your medication, for example, you missed your last appointment with me or you are on a controlled substance where we cannot always provide you with sufficient refills, please do your best to give me approximately 1 week notice to refill your medication.

→Please email these particular requests to: [SamadhiPsychiatric@pm.me](mailto:SamadhiPsychiatric@pm.me)

### **A note on communicating with me:**

When calling the front desk number, you will be able to leave a message or speak directly to a psychiatric support member. That support staff member will be able to communicate your concerns to me and relay a message back on my behalf. If you use the Samadhi Psychiatric email, please know that I will do my best to reply within 72 hours during the business week. (Weekends/Holidays/Vacations are the exception).

If you don't receive a reply by then, I encourage you to consider resending or calling the front desk at 503-206-5578 or texting the medical assistant at 503-446-9863.

Understand that as an independent practitioner I am subject to illness, emergencies and vacations that may on occasion interfere with a prompt response.

Erik Morris, PMHNP LLC does not provide emergency or urgent care services.

**\*\*Do not contact me in any way for emergencies or urgent care situations as I am often unavailable or would not have the capacity to help you in such circumstances.**

**Instead, consider the following resources:**

**For Emergencies-** Please Call 9-1-1. Or go to the nearest Emergency Room.

**For Urgent care situations:** Consider going to an Urgent Care Facility.

For those patients residing in Washington County, there is a crisis line: 503-291-9111.

Alcohol and Drug Help line: 1-800-923-4357.

National Suicide Prevention Lifeline: 1-800-273-8255.

Oregon Youth Line: 1-877-968-8491.

[www.co.washington.or.us/HHS/MentalHealth/GettingHelp/crisis-services.cfm](http://www.co.washington.or.us/HHS/MentalHealth/GettingHelp/crisis-services.cfm)

There is also a free counseling line available during COVID 19: 503-846-4528

Hawthorne Walk-In Center: 503-291-9111

(The Hawthorne Walk-In Center provides Urgent care services for mental health and addiction concerns.)

Initials: \_\_\_\_\_