



Crisis Card

WHEN WE'RE IN CRISIS IT'S DIFFICULT TO THINK CLEARLY.

Having the information we need to hand can help when we're in a bad place.

HOW TO USE:

1. Print out this page (black & white or colour – your choice)
2. Cut out the crisis card template and assemble as directed
3. Fill in the blanks (this bit is important!)
4. Store in a safe place (in your wallet, by the phone, in your distress box, on your pinboard, under a magnet on the fridge... you can always print extras if you like)
5. You might also want to consider printing cards for loved ones or the people you live with, so they know what to do if you ever need help.

DIRECTIONS FOR ASSEMBLING – HOW TO MAKE YOUR CRISIS CARD

1. Cut out the rectangle card template
2. Fold template in half lengthways, and glue together if you wish.
3. Using the dots as guides, fold the template again into three so it becomes credit card sized.
4. Fill in the blanks (important)
5. Voila! Your card is complete.

Fold on the dotted edges



3. SEEK PROFESSIONAL HELP

Contact your Community Mental Health Team or GP

Number:

Or call NHS 24 for advice

Number:

1. CONTACT SOMEONE YOU KNOW TO LET THEM KNOW WHAT IS HAPPENING

This can be a loved one, trusted friend or carer. They can help you get support you need.

Person 1

Contact number

Person 2

Contact number

Person 3

Contact number

4. GO TO A&E

Head to your local A&E and ask to be seen by the duty psychiatrist.

They will be able to assess you and provide you with the appropriate help.

5. CONTACT EMERGENCY SERVICES

If you don't feel safe and are worried about an immediate risk of harm, call 999 and ask for the ambulance service.

2. TALK TO SOMEONE. THE FOLLOWING SERVICES ARE SET UP TO HELP PEOPLE IN CRISIS

SAMARITANS: 116 123
24 hour emotional support (free calls, number won't show on phonebill)

SANELINE: 0300 304 7000
Crisis support 4.30pm - 10.30pm, 365 days a year

CALM: 0800 58 58 58
Helpline for men in the UK 0808 802 58 58
5pm-midnight, 365 days a year

SHOUT: 85258
24/7 crisis support by text
(text chat - no talking)

"You will feel better than this. Maybe not yet. But you will. You just keep living, until you are alive again."

Call the Midwife

Cut along the outside edge

