

Creating a crisis card

Here are some suggestions for information that you might include on a crisis card. Choose the information that would be most useful in your situation.

EMERGENCY PERSONAL CONTACTS

Primary contact

Name _____ Home phone # _____

Work phone # _____

Cellphone # _____

E-mail _____

Back-up contact

Name _____ Home phone # _____

Work phone # _____

Cellphone # _____

E-mail _____

TREATMENT PROVIDERS

Family doctor

Name _____ Phone # _____

Case manager / therapist / substance use or mental health worker

Name _____ Phone # _____

Name _____ Phone # _____

Hospital or treatment centre

Name _____ Phone # _____

CURRENT MEDICATIONS

Medication _____ Dose _____ Time of day _____

Medication allergies:

The following medications were ineffective and/or caused serious side-effects:

Medication _____ Side-effects _____

_____	_____
_____	_____
_____	_____

Suggestions for helping in a crisis or an emergency:
