

Crisis Card



This card has been devised as a tool for people to use in a mental health crisis. **If you are shown this card please help the bearer by contacting the '1st Contact' inside or by contacting one of the services below:**

- **Crisis Care - First Response Service and The Sanctuary NHS 111 and select the mental health option**
- **Samaritans - 116 123**
- **In an emergency call 999**

If you need support for your mental health and you are not in a crisis you can scan the QR code to the right which will take you to **Keep Your Head** which has information about local support.



Name:

Diagnosis/crisis appearance:

1st Contact & relationship:

2nd Contact & relationship:

Medical contact:

Immediate needs:

How you can help:

1. Provide reassurance, know you can't make this worse

2. Contact my 1st contact or crisis helplines

3.

4.

5.

6.

7.

8.

Thank you for your help in this time.

Mental health support:

- **Crisis Care - 1st Response and The Sanctuary NHS 111** and select the **mental health option** (Lines open 24/7) (The Sanctuary is open Mon to Sun: 6pm — 1am for face-to-face support, Mon to Fri: 11am — 6pm for telephone support)
- **Samaritans - 116 123** (Lines open 24 hours)
- **CALM - 0800 58 58 58** (For men, lines open from 5pm - midnight, 365 days)
- **Lifeline - 0808 808 21 21** (free phone) (Lines open 7pm - 11pm, 365 days)

Drugs & alcohol support:

- **Alcoholics Anonymous - 0800 9177 650** (Lines open 24 hours)
- **Narcotics Anonymous - 0300 999 1212** (Lines open from 10am - midnight, 365 days)
- **CGL Aspire - 01733 895 624 Free phone - 0800 111 4354** (Lines open 24 hours)