

CRISIS CARD

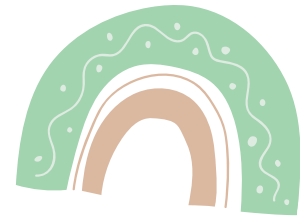


WHEN WE'RE IN A CRISIS, IT'S DIFFICULT TO THINK CLEARLY.

Having a crisis plan can help keep us safe when we're in a bad place.

HOW TO USE:

1. Print out this page
2. Cut out the crisis card and fold along the lines
3. Fill in the blanks
4. Keep this card in a safe place (wallet, by the phone, etc)
5. Consider giving copies to people you trust so they know what to do if you need help



	<h3>3. SEEK PROFESSIONAL HELP</h3> <ul style="list-style-type: none">COMMUNITY MENTAL HEALTH TEAM CallCRISIS TEAM CallGP CallNHS 111 FOR 24-HOUR HEALTH ADVICE Call 111
<h3>1. CONTACT SOMEONE YOU TRUST TO LET THEM KNOW WHAT IS HAPPENING</h3> <p>Person 1</p> <p>Contact number.....</p> <p>Person 2</p> <p>Contact number.....</p> <p>Person 3</p> <p>Contact number.....</p>	<h3>4. GO TO A&E</h3> <p>Go to your local A&E and let them know how you are feeling. They will be able to assess you and provide you with the appropriate help.</p> <p>-----</p> <h3>5. CONTACT EMERGENCY SERVICES</h3> <p>If you don't feel safe and are worried about an immediate risk of harm, call 999 and ask for the ambulance service or police for help.</p>
<h3>2. TALK TO A CRISIS HELPLINE</h3> <p>These services provide free, confidential emotional support, 24 hours a day, 365 days a year. Number will not show on a phone bill.</p> <ul style="list-style-type: none">SAMARITANS Call 116 223SHOUT Text 'SHOUT' to 85258IMALIVE Online messenger: imalive.org	<p>“</p> <p><i>It's okay if all you did today was survive. You have gotten past 100% of your bad days and you are a warrior destined for greatness.</i></p> 