Crisis Card

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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: ________________________

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.

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

SAMARITANS T: 116 123. 24 hour emotional support (free calls, number won’t show on phone bill)
SANE LINE T: 0300 304 7000. Crisis support 4.30pm - 10.30pm, 365 days a year
CALM T: 0800 58 58 58 (UK) helpline for men in the UK 0808 802 58 58 (London) 5pm–midnight, 365 days a year
IMALIVE imalive.org Virtual crisis centre, accessible worldwide (online chat - no talking)

3. SEEK PROFESSIONAL HELP
Contact your Community Mental Health Team or Crisis Team.
Number __________________________
If you do not receive support from local mental health services, contact your GP
Number __________________________ (listen to answerphone message if out of hours)
or call NHS 111 for 24 hour health advice and information
Number: 111

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 police or ambulance service.

You will feel better than this. Maybe not yet. But you will. You just keep living, until you’re alive again.”

Call the Midwife