

# Crisis Card



BLURTITOUT.ORG

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 – 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



### 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 .....

### 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 phonebill)

**SANELINE** 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 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

Cut along the outside edge

