

Crisis and emergency

Activity 10-2: 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:

REFERENCES

Chan, A. & Noone, J.A. (2000). *Emergency Mental Health Educational Manual*. Vancouver: Mental Health Evaluation & Community Consultation Unit, University of British Columbia.