



GP: \_\_\_\_\_

Name: \_\_\_\_\_

Tel: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Family or friends to call:

Address: \_\_\_\_\_

Name/Tel: \_\_\_\_\_

Name/Tel: \_\_\_\_\_

Name/Tel: \_\_\_\_\_

FRONT attaches here

IF YOU NEED HELP OR ADVICE OUT-OF-HOURS (MON-FRI 5PM – 9AM, 24 HRS AT WEEKENDS AND ON BANK HOLIDAYS) PLEASE CALL 0800 0234 650\*

### My caring responsibilities

(do you have family, children or pets that you care for?)

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.....

### What helps me or doesn't help me in an emergency or crisis

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### Any other relevant information

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### My particular ways of behaving when distressed

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### Other medical conditions that I have

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.....  
.....  
.....

### My allergies

### Preferred languages

(what language do you prefer to communicate in?)

.....  
.....





## Why do I need a crisis card?

- If you have a crisis about your mental health, this card provides you with information and contact details of people in Central and North West London NHS Foundation Trust (CNWL) who can help you.
- Your crisis card lets you tell others what you want, or do not want if you are distressed.
- This card allows you to keep information to hand that you would want others to know if you are distressed.

## What sort of information should I put on the card for others to know?

- It's important to keep to hand contact details for your GP and others you might want to be contacted.

- This could include what you find most helpful and what you definitely find unhelpful.
- You can specify what you want and do not want to happen.
- You may want to fill this in with someone you trust e.g. a family member, friend, advocate, or your care co-ordinator.

## Some examples of things you may want to include:

- Being given a cup of tea or water.
- Being allowed to sit quietly for a while.
- You might want one of your identified contacts to be called.
- You might want to tell people that you do not want to be given a particular type of medication because of the effect it has on you.
- You can tell people not to give you medication immediately but to ask them to "talk you down", or not to ask too many questions.

## USEFUL INFORMATION

**SANEline** (6pm – 11pm) 0300 304 7000

**Samaritans** (24 hrs) 020 8427 7777

**CNWL medicines** 020 8206 7270

**helpline** (Mon-Fri 9am-5.15pm)

St Charles Hospital, Exmoor Street, London W10 6DZ

**CNWL medicines e-mail helpline**

medinfo.cnwl@nhs.net

**CNWL medicines website**

[www.choiceandmedication.org/cnwl](http://www.choiceandmedication.org/cnwl)

**CNWL website**

[www.cnwl.nhs.uk](http://www.cnwl.nhs.uk)

back attaches here

