

Crisis Card

My name is:

My address:

Please ask for my D.O.B. – not on card for security reasons

GP surgery:

Please ask me if I've hurt myself or if I'm suicidal

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I struggle with:

Medication I take:

Please consider this:

What helps me:

Pages 2 & 3

Who needs to know I'm here (name and contact number):

Other important information (e.g. allergies, I'm autistic etc.)

www.battle-scars-self-harm.org.uk

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