

Crisis Card



List of Useful Numbers

Help Lines

Lifeline (7pm-11pm, every day)

0808 808 2121

Samaritans (24 hours)

08457 90 90 90

NHS DIRECT (24 hours)

0845 4647

Domestic Violence and Abuse

National Domestic Violence Helpline (24 hours)

0808 2000 247

Drugs and Alcohol

Frank

0800 77 66 00

Advocacy

CIAS Mental Health Advocacy:

01223 218 500

POhWER

0300 456 2370

Information and Advice

FENLAND

March Resource Centre:

01354 654 715

Richmond Fellowship: (9am-5pm Mon-Fri)

01945 469 770

HUNTINGDON

Mind in Cambridgeshire: (9am-5pm Mon-Fri)

01480 470 480

Richmond Fellowship:

01480 456 257

CAMBRIDGE

Lifecraft: (10am-7pm Mon-Fri) (1pm-7pm Bank Hols)

01223 566 957

Mind in Cambridgeshire: (9am-5pm Mon-Fri)

01223 311 320

Richmond Fellowship:

01223 301 032

COUNTYWIDE

Cambridgeshire and Peterborough Foundation Trust (CPFT)

Out of Hours Service

0800 052 2252

(For CPFT Service Users and Carers)

(5pm -10pm Mon-Fri, 8am-10pm Sat/Sun/Bank Holidays)

Other Useful Numbers

General Information: (Include any information that would be useful in a crisis)

Medical Contact:

Relationship to Individual:

1st point of contact:

Diagnosis/Presenting Issues:

Name:

This crisis card has been devised as a tool for people using mental health services to carry information about them in the event of a crisis.

If this card is presented to you

It would indicate that you carry out the person's wishes by contacting the '1st contact' or 'medical contact' (detailed overleaf) so that they can get the relevant support needed.

For the carrier of the card, please ensure that the information is correct and up-to-date to ensure support required in the event of a crisis is relevant.

Crisis Card



SUN
network

Be heard, Be involved, Be the **SUN** network

 Cambridgeshire
County Council

NHS

Cambridgeshire and Peterborough
Clinical Commissioning Group

www.sunnetwork.org.uk