North Essex Out of Hours Crisis Lines
Colchester and Tendring
0330 726 1800
Chelmsford, Maldon and Braintree
0330 726 0130
Harlow, Epping Forest and Uttlesford
0330 726 0110

Samaritans: 116 123

My medication:

NB: I cannot take...

Care Co-ordinator:
Tel:

Consultant:
Tel:

GP:
Tel:

Advocate:
Tel:

Contact card
STOP!
I might have an advanced decision/statement please look inside.
If I (name)
Of (address)
am involved in a mental health episode, please consider the information on this card.

**Please note:** The named contact is someone with whom the cardholder has discussed what actions are most appropriate under circumstances of extreme distress. The person named on this card should be contacted immediately, informed of what is happening and requested to attend as a matter of emergency.

**Named Contact**

Name:
Address:
Tel:
Mobile:

Signed:
Date: