



## Useful numbers / Helplines

**C.A.L.L** (24 hour) - 0800 132 737 /  
text 'help' with your question to 81066

**NHS Direct** (24 hour) - 0845 46 47

**Samaritans** (24 hour) free phone - 116 123 /  
text: 07725 909090

**DAN24/7 Wales and Drug and Alcohol Helpline**  
(24 hour) - 0808 808 2234 / Text 'DAN' to 81066

**Domestic Abuse and Sexual Violence Helpline**  
(24 hour) - 0808 80 10 800

**Saneline** (6pm - 11pm) - 0300 304 7000

**Mind Infoline** - 0300 123 3393 / Text: 86463

## Local Information / Advice

**AADAS Abertawe Alcohol  
and Drug Assessment Service** - 01792 642759

**Alzheimer's Society** - 01792 531208

**Carers Centre** - 01792 653344

**CMHT West Swansea** - 01792 517800

**CMHT Central Swansea** - 01792 517853

**CMHT North Swansea** - 01792 545780

**Citizens' Advice Bureau** - 01792 474882

**Cefn Coed Hospital** - 01792 561155

**GP Out of Hours Service** - 0330 123 9180

**Hafal Swansea** - 07967 329697

**Housing Options** - 01792 533100

**Social Services** - 01792 636000

**Social Services nights/weekends** - 01792 775501

**Swansea Mind** - 01792 642999

**Living Life Well Programme** - 07967 612246  
(text or leave a message)

(All information correct July 2017)

# Mental Health CRISIS CARD



Produced by  
**Swansea Council for  
Voluntary Service (SCVS)  
Mental Health  
Development Service**

To download a copy of this card  
please visit: [scvs.org.uk/mh-resources](http://scvs.org.uk/mh-resources)

To order more call 01792 544000

Information correct as of \_\_\_\_\_



This card is for use when its carrier may  
have difficulty expressing their wishes.

If it is felt that the carrier is a risk to  
themselves or others **call 999**.

## Why it would be helpful to have a crisis card:

- The crisis card lets you tell others what you want, or do not want if you get distressed.
- If you get distressed the card can help others help you without you needing to explain.
- The card also provides information and contact details of organisations that could support you.



**Only complete this crisis card  
if happy to do so**

**If you need help** and are known to services:

Name: .....  
D.O.B: .....  
Medication/s: .....  
Diagnosis: .....  
GP: .....  
CPN: .....  
Emergency contact: .....

**If you need help** and are **NOT** known to services

Name: .....  
D.O.B: .....  
Medication/s: .....  
Diagnosis: .....  
GP: .....  
Emergency contact: .....

Please tick the box to show who you would like to be contacted (depending on your needs)

GP  CPN  Family & Friends / Other  Partner

**My caring responsibilities:**

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

**What helps me in a crisis:**

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.....  
.....

**Preferred language:**

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.....  
.....

**My particular ways of behaving when I am distressed:**

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**What doesn't help me in a crisis:**

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**My allergies:**

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**Any other information:**

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