

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



Cambridgeshire and Peterborough
Clinical Commissioning Group

www.sunnetwork.org.uk