


# Emergency help card

If you or someone else is in danger and need help now

**Call 000 or go to an emergency department**

Hearing impaired? Use National Relay Service. Call 106  
 No or little English? Ask for an interpreter who speaks your language

Emergency contact. For example a guardian, parent, doctor.

 Name \_\_\_\_\_  
 Number \_\_\_\_\_  
 Relationship \_\_\_\_\_

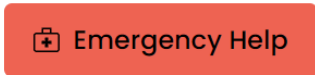
An **Emergency help card** can keep you and others safe in a crisis.

The information below shows you how to use your **Emergency help card**.



A **crisis** is when you are in danger or are very upset.

You are in **danger** if you could be hurt or injured




For more information about what to do in a crisis go to the Emergency Help page

<https://www.idmhconnect.health/emergency-help/ER>

Mental Health Connect

If you are very upset and need to speak to someone now

 Lifeline 13 11 14  
 NSW Mental Health Line 1800 011 511  
 Suicide Call Back Service 1300 659 467  
 MensLine Australia 1300 78 99 78  
 Beyond Blue 1300 22 4636

Hearing impaired? Use National Relay Service. Call 1300 555 727  
 No or little English? Ask for an interpreter who speaks your language

Relationship \_\_\_\_\_  
 Number \_\_\_\_\_  
 Name \_\_\_\_\_  
 Emergency contact. For example a guardian, parent, doctor.

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If you or someone else is in danger and need help now

An **Emergency help card** is a card that you can

- Add your emergency contacts information to
- Find numbers to call if you need support for your mental health



An **emergency contact** is a person who you or someone else can contact if you are in a crisis.



**Mental health** is about

- How you think
- How you feel

## How to use your Emergency help card



1. Print your Emergency help card which is on page 5

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Name \_\_\_\_\_  
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 Suicide Call Back Service 1300 659 457  
 Murrumbidgee Australia 1300 78 98 78  
 Beyond Blue 1300 22 4636

**If you are very upset and need to speak to someone now**

2. Cut along the dotted line around the card

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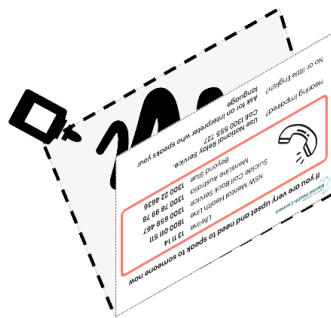
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**If you are very upset and need to speak to someone now**

3. Fold the card along the middle dotted line



4. Glue or staple each side of the card together



5. You or someone else can write your emergency contacts information on your card

You can include your emergency contacts

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Name \_\_\_\_\_  
 Number \_\_\_\_\_  
 Relationship mother

- Name
- Phone number
- Your relationship with the person



A **relationship** is a way that 2 or more people are joined by something in their lives.

People can be joined by something they share or have in common.



For example you might have a relationship with

- Your friends
- Your family
- Your partner
- People you work with
- Your doctor



6. Keep your emergency card in a safe place.

For example in your wallet.


# Your Emergency help card: Print this page

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 Name .....

Number .....

Relationship.....

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## Who wrote this Easy Read

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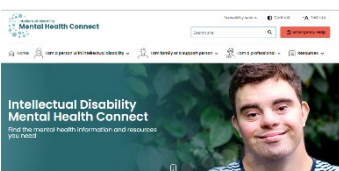
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For more information about who wrote this Easy Read go to <https://idmhconnect.health/who-wrote-easy-read>



The Council for Intellectual Disability reviewed this Easy Read sheet.



The information in this Easy Read sheet is from the <https://idmhconnect.health/> website

For information on how to support people to use Easy Read go to [https://www.3dn.unsw.edu.au/professionals\\_toolkit](https://www.3dn.unsw.edu.au/professionals_toolkit)



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No changes can be made without asking the people who wrote this sheet.