

# Emergency Contact Card

A small safety card to fill out before a heavy moment.

**If you might hurt yourself or are not safe:** Call or text **988** in the U.S. now, contact emergency services, or get near a trusted person. This resource is not crisis care.

## Fill in before you need it

- 988 Lifeline: call or text 988 in the U.S.
- Emergency services: 911 or local emergency number.
- Trusted person 1: \_\_\_\_\_
- Trusted person 2: \_\_\_\_\_
- Doctor/therapist/pastor: \_\_\_\_\_

## Text script

I am not safe alone right now. Can you stay with me or help me get help?

This resource offers encouragement and practical support. It is not therapy, diagnosis, medical advice, treatment, or crisis care.