



**TAKE CARE**

**TAKE CONTROL**

**TAKE A  
CRISIS CARD**

**ASK YOUR WORKER FOR ONE  
OR PHONE 7233-5782**

Hospital Tel: My hospital notes are at: Home Needs (Family, Pets etc):	<b>OTHER IMPORTANT INFORMATION</b> Medication : Particular Medical Conditions : Special Requests:
<b>EMERGENCY HELPLINES</b> NHS Direct (24 hours) 0845 4647 Saneline (12 noon to 2am) 0345 678 000	

*This card is designed, produced and funded by the  
Westminster service User groups. Phone : 0207-233-5782*