

Emergency Contact Numbers

In the event that I become dysregulated and need help to calm back down I can call:

Family Name: _____ Phone: _____

Friend Name: _____ Phone: _____

Local Outpatient Crisis Counseling: _____

If I have reached the point that I could be a danger to myself or others I can call:

Local Crisis Line: _____

State Crisis Line: _____

National Crisis Line: _____

Other: _____

Other: _____