



Recovery Innovations for
Pursuing Peer Leadership
and Empowerment

MY CRISIS CARD WORKSHEET

Questions for Crisis Card

My name: _____

My condition: _____

Example: I am having a panic attack/I am having a med reaction/I am extremely depressed

Please do: _____

Example: whatever action you want i.e., leave me alone, I will be fine/please call my
emergency contact/please just sit with me until I can talk

Please do not: _____

Example: whatever you don't want them to do i.e., touch me/call 911/leave me

My emergency contact: _____

(name of contact/phone number to reach contact)

Other Useful Information: _____

Example: I am diabetic / I am hearing impaired / My native language is

Please note that Ripple takes the privacy of your medical information very seriously. Digital copies of these cards will be stored on flash drives and secured in our safe. No information will ever be stored on a computer's hard drive with connections to the internet. The files stored on flash drives will be used in case a card is lost or information needs to be updated. This will allow us to replace cards quickly should the need arise, as with the initial card a replacement will be provided to peers free of charge.