

# MENTAL HEALTH CRISIS CARD

## Your Voice Matters

Let people know how to help you when you are experiencing a mental health crisis or agitated state.

### WHAT DOES THE CARD DO?

The Mental Health Crisis Card tells people who are with a youth experiencing a mental health crisis what to do immediately, in the first 5 minutes, to de-escalate the situation. Youth fill out their own card and list up to 3 calming strategies. When needed, youth show the card to people around them who can follow their calming instructions.

### WHY SHOULD A YOUTH USE IT?

Youth know what calms them better than anyone else. When people follow calming strategies a young person has identified, negative impacts can be reduced or eliminated. The crisis situation can be avoided and youth will feel safe and understood.

### YOUTH SAY WHAT WORKS

On the Card list the calming strategies that help you. Please make them clear to understand so when you present the Card to someone they will know what you need.

### HOW TO GET THE CARD

[Print the Card.](#)

Cut it to fit in your pocket, wallet, or phone wallet. Or take a photo of it and keep it on your phone.

 Wisconsin Office of  
**Children's**  
Mental Health **MENTAL HEALTH  
CRISIS CARD**

Name: \_\_\_\_\_  
Pronouns: \_\_\_\_\_

▶▶▶ I need support in the next 5 minutes. ◀◀◀  
Here's what I need from you to help me:

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

My primary support person: \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Phone: \_\_\_\_\_

**Get help for you or a friend:**

 1.800.273.8255  
 "HOPELINE" to 741741  
 "Speak Up, Speak Out" WI  
 

**For information:**

  
[children.wi.gov](http://children.wi.gov)

### NEED HELP IDENTIFYING CALMING STRATEGIES?

Here are some example strategies.

For more, [visit our website.](#)

- Don't talk to me. I need to be quiet.
- Let me calm down. I will talk to you when I am ready.
- Bring me to a quiet place.
- Talk with a friend/peer.
- Talk to an adult.
- Let me draw.
- Listen to music.
- A cold cloth on my face.
- Read a book.
- Write in a journal.
- Hold ice in my hand.
- Provide male support.
- Provide female support.
- Get a hug.
- Breathe deep.
- Cry.
- Pace.
- Rock.

