



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. _____ (over)

My primary support person: _____

Relationship: _____

Phone: _____

Get help for you or a friend:



988 or 1.800.273.8255



"HOPELINE" to 741741



"Speak Up, Speak Out" WI



For information:



children.wi.gov