



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:**



1.800.273.8255



“HOPELINE” to 741741



“Speak Up, Speak Out” WI



**For information:**



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