

PRACTICAL GUIDE · PRINTABLE TEMPLATE

Emergency card for your wallet

Credit card size (85 × 54 mm). Print the page on sturdy paper, cut out the front and back and glue them together. Write your personal numbers on the back – you will find the number for your canton at krisenintervention.ch.

krisenintervention.ch
HELP 24 H

- 144** Ambulance · Danger to life
- 117** Police · Danger, violence, threats
- 112** European emergency number · Emergency without credit
- 143** Die Dargebotene Hand · Talk, 24 h, anonymous
- 147** Pro Juventute · Children and young people
- 142** Victim support · After violence
- 145** Tox Info Suisse · Poisoning

My numbers
PLEASE FILL IN

Psychiatric emergency, canton

GP

Person I trust

My therapist

You are not alone. krisenintervention.ch

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✂ Cut along the dashed line · glue front and back together or laminate