

My Healthcare Providers	Name	Phone
Primary care		
Mental health care		
Pharmacy		
Emergency Contacts	Name	Phone
Use during emergency		9-1-1
Crisis counselor (Phone)	National Suicide Prevention Lifeline	1-800-273-TALK (8255)
Crisis counselor (Text)	Crisis Text Line	Text HOME to 741-741
My Important Contacts	Name	Phone

This tool is intended to organize the contact information related to your treatment plan.

In the spaces provided, note the names and phone numbers of your healthcare providers, including your mental health professional(s), your primary care physician, and your pharmacy, as well as a person who can be contacted in an emergency.

Cut out and keep this information for easy reference.

For more information:

- University of Michigan Depression Center
- 1-800-475-MICH or 734-936-4400
- <http://www.depressioncenter.org/toolkit>

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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