

Healthcare Providers	Name	Phone Number
Primary care		
Mental health care		
Pharmacy		
Emergency Contact	Name	Phone Number
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
Medication	Dosage	Instructions

This tool is intended to provide you with an easy way to keep track of important treatment information when you are away from home.

In the spaces provided, note the names and phone numbers of your important contacts, and instructions for taking your antidepressants and all of your medications. 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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