


Foldable Wallet Card

- 1) Cut out card along the outside solid line.
- 2) Fold in half along the vertical dotted line, with information facing outward.
- 3) Fold in half along the horizontal dotted line so that the photo is on the front cover.



<p>WHAT TO SAY WHEN CALLING 911</p> <ol style="list-style-type: none"> 1) I'm calling about a Mental Health Emergency and request a CIT Officer. 2) My name is: 3) I'm calling from [your location] because my [family member/friend] is: 4) Describe in detail what is going on right now. 5) Advise police if there is information on file with law enforcement about the person in crisis. 6) Ask if it's possible to arrive without lights or sirens. 	<p>The 911 dispatcher will ask the following: (be clear and brief)</p> <ul style="list-style-type: none"> • Are there any acts or threats of violence? • Are there any weapons involved? • Where is the person experiencing the emergency located? • Has there been a suicide attempt or has the person made threats of suicide? <p>Additional information to provide the dispatcher:</p> <ul style="list-style-type: none"> • Mental health diagnosis and mental healthcare provider • Intoxicated or overdosed? • Current medications • Gravely disabled and unable to care for themselves <p>For more information, visit www.smchealth.org/mh911</p>
<p>MENTAL HEALTH EMERGENCY</p> <p>GUIDELINES FOR CALLING 911</p>  <p>SAN MATEO COUNTY HEALTH BEHAVIORAL HEALTH & RECOVERY SERVICES</p>	<p>IMPORTANT NON-EMERGENCY NUMBERS</p> <p>Local Police Families of adults with mental illness (650) 368-3178</p> <p>BHRS Access Call Center Mental health & substance use services (800) 686-0101 TTY (for hearing impaired): 711</p> <p>National Alliance on Mental Illness Provides family support, education and advocacy 650-638-0800</p>
<p>24 HOUR CRISIS LINES</p> <p>Suicide/Crisis Hotline (650) 579-0350 1 (800) 273-TALK (8255)</p> <p>San Mateo Medical Center Psychiatric Emergency Services (650) 573-2662</p> <p>Mills-Peninsula Medical Center Psychiatric Emergency Services (650) 696-5915</p>	