

Healthcare Providers	Name	Phone Number
Primary care	Dr. Mary Jones	734-123-9876
Mental health care	Dr. Tom Smith	734-555-4444
Pharmacy	CVS	734-123-5678
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
Sister	Julie Bradley	734-444-9089
Medication	Dosage	Instructions
Celexa	20 mg/day	Take in AM
Lithium	300 mg/day 600 mg/day	Take in AM Take in PM
Trazodone	50 or 100 mg/day	As needed
Klonopin	1 mg/day	As needed

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 fold and keep this information in your wallet for easy reference.

**For more information:**

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

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