



Depression Center Toolkit

Educational resources, tools, and strategies for mental well-being.

Important Contacts

Use this tool to keep the contact names and phone numbers for your treatment team in one place. Keep it handy for easy reference.

My health care providers (names & phone number)

Primary care doctor:

Phone number:

Mental health care provider:

Phone number:

My pharmacy:

Phone number:

Who to contact in an emergency

- During a health emergency when you feel your life is in danger, **call 911**.
- Having a mental health emergency? Call or text the National Suicide & Crisis Lifeline at **988**.
- Need to talk? Contact the Crisis Text Line by texting **HOME** to **741-741**

My emergency contacts

Write down family or friends who should be contacted if you have a health emergency.

Name:

Phone number:

Name:

Phone number:

Name:

Phone number:

For more mental health educational resources, visit depressioncenter.org/toolkit.