

## Mental health crisis card

A pocket-sized resource list for the worst moments. *Print, fold, keep in your wallet. Share with a trusted person.*

### IF YOU ARE IN CRISIS RIGHT NOW

#### CALL OR TEXT 988

**988 Suicide & Crisis Lifeline** — free, confidential, 24/7.  
Call or text 988. Or chat at [988lifeline.org](https://988lifeline.org).

#### CRISIS TEXT LINE

Text **HELLO** to **741741**. Free crisis counselor by text.

#### ER

If you are in immediate danger of harming yourself or someone else, go to the nearest emergency room or call 911.

### WHEN YOU'RE NOT IN IMMEDIATE CRISIS BUT STRUGGLING

- Tell one person you trust
- Schedule a therapy appointment (oncology centers often have referrals)
- Cancer Support Community — free counseling: [cancersupportcommunity.org](https://cancersupportcommunity.org)
- Imerman Angels — one-on-one survivor matches: [imermanangels.org](https://imermanangels.org)
- Talk to your oncologist or primary care about medication options

### MY PERSONAL CONTACTS

THERAPIST + PHONE

PRIMARY CARE + PHONE

TRUSTED PERSON + PHONE

LOCAL HOSPITAL

*This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.*

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