

ATTENTION!

EMERGENCY CARD

**I HAVE A CARER AND
NEED ASSISTANCE**

Here are MY details

Name: _____

Address: _____

Tel: _____

Details about my illness/disability:

My CARER'S DETAILS are

Name: _____

Address: _____

Mobile: _____

Home tel: _____

Work: _____

If this person isn't available please see overleaf:

If you cannot contact my carer PLEASE CONTACT:

This person will know what to do:

Name: _____

Address: _____

Tel: _____

Important information about me

Social worker: _____

GP: _____

Emergency telephone numbers

Fire, police, ambulance: **999**

NHS 24: **08454 242424**

Samaritans: **08457 90 90 90** or **0131 221 9999**

Social Work Emergency Service:

0800 731 6969 or **01506 777401** (West Lothian)

Card produced by VOCAL (Voice of
Carers Across Lothian) 0131 622 6666