



# My emergency contacts

My Carer Emergency Card also has my contacts. I keep my card: \_\_\_\_\_

*These people will know what to do in an emergency:*

Name: \_\_\_\_\_

Address/Tel: \_\_\_\_\_

Name: \_\_\_\_\_

Address/Tel: \_\_\_\_\_

GP: \_\_\_\_\_

Social Worker/OT: \_\_\_\_\_

Other: \_\_\_\_\_



Keep your contacts close to phones, in your purse and programmed into your mobile phone if you have one

## **Social Work Emergency Service:**

0800 731 6969

01506 777401 / 2 (West Lothian)

## **Edinburgh Samaritans:**

0131 221 9999

## **Edinburgh Crisis Centre:**

0808 801 0414 (mental health)

## **Psychiatric Emergency Team:**

0131 537 6493

## **Domestic Abuse Violence Helpline:**

0808 2000 247

## **Antisocial Behaviour Helpline:**

0131 529 7050

## **If you smell Gas:**

0800 111 999

## **Water emergencies (Scottish Water)**

0845 601 8855

## **Electricity power cuts:**

0800 300 999 or 0845 2727 999



## **If someone is feeling unwell:**

Contact their GP or alternatively **NHS 24** on **08454 24 24 24** (also available when your GP surgery is closed)



## **Calling the police**

Call **999** for emergencies. For all other calls phone **0131 311 3133**. For information on contacting the police see the 'How to use your Emergency Cards' sheet in this pack.



For an ambulance in an emergency **dial 999**.

## **Booking an ambulance:**

Call **0131 447 0434** for **non-emergencies** where the person is considered medically unfit by a doctor to travel by other means



## **Fire emergencies**

Make a fire plan: don't stop for valuables, shout to alert people in the house, keep low to ground, don't investigate and when you're out - stay out - then **dial 999**