

My Mental Health Directive

NAME

MY MEDICATIONS

Heart icon	Line for medication 1
Heart icon	Line for medication 2
Heart icon	Line for medication 3
Heart icon	Line for medication 4
Heart icon	Line for medication 5
Heart icon	Line for medication 6
Heart icon	Line for medication 7
Heart icon	Line for medication 8

MY MENTAL HEALTH PROVIDERS

Name Phone Number

Heart icon	Line for provider 1
Heart icon	Line for provider 2
Heart icon	Line for provider 3
Heart icon	Line for provider 4
Heart icon	Line for provider 5
Heart icon	Line for provider 6
Heart icon	Line for provider 7
Heart icon	Line for provider 8

PREVEIOUS HOSPITALIZATIONS

FACILITY DATE

Heart icon	Line for hospital 1
Heart icon	Line for hospital 2
Heart icon	Line for hospital 3
Heart icon	Line for hospital 4
Heart icon	Line for hospital 5
Heart icon	Line for hospital 6
Heart icon	Line for hospital 7
Heart icon	Line for hospital 8

MY PREFERENCES DURING A CRISIS

Heart icon	Line for preference 1
Heart icon	Line for preference 2
Heart icon	Line for preference 3
Heart icon	Line for preference 4
Heart icon	Line for preference 5
Heart icon	Line for preference 6
Heart icon	Line for preference 7
Heart icon	Line for preference 8

WHEN TO CALL 911 OR TAKE ME TO ER

Heart icon	Line for emergency 1
Heart icon	Line for emergency 2
Heart icon	Line for emergency 3
Heart icon	Line for emergency 4
Heart icon	Line for emergency 5
Heart icon	Line for emergency 6
Heart icon	Line for emergency 7
Heart icon	Line for emergency 8

PLACES I CAN GO WHERE I FEEL SAFE

Heart icon	Line for safe place 1
Heart icon	Line for safe place 2
Heart icon	Line for safe place 3
Heart icon	Line for safe place 4
Heart icon	Line for safe place 5
Heart icon	Line for safe place 6
Heart icon	Line for safe place 7
Heart icon	Line for safe place 8

MY PREFERRED PLAN OF ACTION

Heart icon	Line for action 1
Heart icon	Line for action 2
Heart icon	Line for action 3
Heart icon	Line for action 4
Heart icon	Line for action 5
Heart icon	Line for action 6
Heart icon	Line for action 7
Heart icon	Line for action 8

HOW YOU CAN HELP ME DURING A CRISIS

Heart icon	Line for help 1
Heart icon	Line for help 2
Heart icon	Line for help 3
Heart icon	Line for help 4
Heart icon	Line for help 5
Heart icon	Line for help 6
Heart icon	Line for help 7
Heart icon	Line for help 8

