

Compile a psychiatric & medical history: A brief, easy to read summary of vital statistics, psychiatric history & medication records may help medical providers make informed choices during a crisis. Limit this to a page of key current facts only. Here are some things to include:

Full name & date of birth.
Full address.
Psychiatric diagnosis(e.g. Bipolar disorder, schizophrenia, schizoaffective, etc.)
Age at diagnosis.
Any pertinent medical conditions (e.g. diabetes, allergies, etc.)
Current symptoms.
Current condition (e.g. suicidal, homeless, missing, vulnerable, violent, substance abuse, etc.)
Treating psychiatrist's name & number.
Local service provider's name (e.g. mental health clinic, therapist, etc.)
Current medications.
Dates & locations of previous hospitalizations.
Any meds that have helped in the past.
Any meds that have not helped in the past.
History of symptomatic behaviors (e.g. running up huge debt, getting into car accidents, threatening family members, failing to care for basic needs even though they might have access to resources.
Current photo
Key physical characteristics: height, race, age, weight, hair color.
Full name of contact person & address for person to be contacted in an emergency.
Leave space for description of clothing last worn in case that info is needed.