

Emergency Card Examples and Templates

DID Emergency Information Card — How to Help

I have a condition known as dissociative identity disorder (DID). I am not 'mad' and nor am I attention-seeking or time-wasting. I have a history of severe childhood trauma and DID is a coping mechanism for this. DID is treatable via long-term, trauma-informed psychotherapy.

I have different 'parts', 'alters' or 'personalities'. These may present as being of a different gender, age and developmental stage. We may be very frightened and traumatised and have difficulty distinguishing between the past and the present, so we may find it really hard to calm down. Please be careful about touching us and be gentle and patient. 'Alter personalities' may not be aware of what we have done (e.g. self-harm or attempted suicide) or where we are. We may be very disorientated and amnesic for what has just happened. Please try to understand our behaviours in the light of our past experiences.



This card is produced by Carolyn Spring Ltd.

Information on DID — For Health Professionals

DID (formerly MPD): see DSM-5 section 300.14, ICD10 section 44 and ICD11 section 6B64.

- complex form of post traumatic stress disorder (PTSD) caused by severe childhood trauma and abuse
- as in PTSD, may be severe dysregulation with intrusions such as flashbacks and avoidances eg phobia of touch; also episodes of overwhelming psychological distress, with amnesia, disorientation, marked somatisation
- patient/client may benefit from contacting therapist or supporter to stabilise
- "disruption of identity characterised by two or more distinct personality states ... and marked discontinuity in sense of self and sense of agency, accompanied by related alterations in affect, behaviour, consciousness, memory, perception, cognition and/or sensory-motor functioning." (DSM-5)

My Contact Information

Name: Jo Smith

Also known as: Jo, Joanne, Joey, Feather, Marcus, Smithy

Address: 1 High Street, Somewhere, PEO oDD

Mobile: 07999 888888

Date of birth: 30.06.70

Next of Kin / 'Nearest Relative': John Smith OR I have a Lasting Power of Attorney (LPA) no. 1234567. For details and attorney contact numbers call Office of the Public Guardian 0300 4560300.

My therapist/psychologist: April Showers (07000) 000000—please try to contact as a priority

Mental Health Team: 01234 567890 or out-of-hours 01234 0987654. See mental health records for full Advance Statement of what to do in a crisis.

IN CASE OF EMERGENCY—DOS and DON'TS

DO NOT contact my biological family or allow them access to me.

DO NOT physically touch me or restrain me (especially handcuffs).

DO NOT leave me alone only with men.

DO NOT remove my clothing.

DO NOT do physical examinations involving needles unless absolutely essential for medical reasons.

DO NOT treat me harshly, get cross with me, use raised voices or physical force.

DO talk to me quietly and gently, remind me to breath, and give me time and space to settle.

DO try to contact my therapist or allow me to do so.

DO try to orientate me to the present, reassure me that I am safe and not in trouble.

DO try to see that I am reacting out of past trauma and possibly having a flashback.

DO talk to me regardless of how I present, e.g. as a child, opposite gender, etc, and do not belittle, criticise or coerce me for doing so—do read the rest of this card to understand a little more about my condition and why I am acting the way I am.

Create your own cards here

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My Contact Information

Name Click or tap here to enter text.

Also known as Click or tap here to enter text.

Address Click or tap here to enter text.

Mobile Number Click or tap here to enter text.

Date of Birth Click or tap here to enter text.

Next of kin/Nearest relative Click or tap here to enter text.

Therapists contact Click or tap here to enter text.

Mental Health Team Click or tap here to enter text.

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