



LESSON T • SAFETY KIT • KEEP IN YOUR BACKPACK

MY SATURDAY CRISIS CARD

Write it while you're calm — nobody remembers phone numbers in a panic. Green Track version: blanks only.

● FILL IT IN NOW

My trusted adult: _____ Phone: _____

Backup adult: _____ Phone: _____

My 24-hour clinic or ER: _____

Address: _____ Phone: _____

My check-in time: _____ My ride plan: _____

211

Community resources — housing, food, ride help, local info.

988

Mental health support — call or text, 24/7. Save it as a contact.

Emergency right now? Call 911. Verify clinic hours — listings change.

CUT OUT • FOLD • KEEP ONE IN YOUR BACKPACK AND ONE IN YOUR WALLET OR PHONE CASE

SATURDAY CRISIS CARD

GREEN

Trusted adult: _____

Backup: _____

Clinic / ER: _____

Check-in: _____

211 resources **988** call / text **911** emergency

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GREEN

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