

Self-Injury Treatment Checklist

If you have hurt yourself and need medical attention sometimes you might not feel able to actually speak to someone. This form will make it easier for you and staff at the hospital, as you can give them the information which they need without having to talk straight away.

Print out this form and fill it in.

About me – this section can be completed in advance:

Name:

Address:

Phone number:

Date of Birth:

Next of kin (and their relationship to you):

Contact address:

Contact phone number:

GP's name:

GP's address:

GP's phone number:

Allergies:

Current medications:

Other current treatment (e.g. counsellor):

Date of last tetanus injection if known:

Your current situation:

What time did you last eat?

What did you eat?

What time did you last drink (non-alcoholic)?

What did you drink (non-alcoholic)?

Have you been to this hospital before?

If yes, was this as a result of self-injury?

Have you used drugs or consumed alcohol in the past 24hours? (If yes, please give details)

What is the nature of your injury (e.g. cut, burn)?

Where is your injury (e.g. arm, stomach)?

Have you treated it in any way? (If yes, please give details)

Have you taken an overdose?

If so, what have you taken? Please include name, quantity and strength of what has been taken (it is advisable to bring any packets with you)

What time did you take the overdose?

Have you vomited since the overdose?

Your feelings:

Was the injury/overdose a suicide attempt?

Are you suicidal now?

Are you safe to be left alone (if you are not with someone)?

Would you prefer somewhere private to wait?

Do you mind having students observe or treat you?

Do you mind whether you are seen by a male or female doctor?

Would you be willing to talk to a mental health professional?

Are you able to talk about how you are feeling?

Any other information e.g. what happened before the incident, how you feel now, and what you hope will happen next.

Crisis Card

Crisis Card

Name:

Date of birth:

Address:

Name of contact:

Contact's phone no:

Contact's address:

GP's name:

GP's phone no:

GP's address:

Medications being taken:

Any additional info (e.g. allergies, date of last tetanus injection, support workers, medical conditions etc) is on the back of this card.

Print, cut out and fill in this card with your information and keep it in your purse or wallet. If you are in crisis this can be given to whoever is helping you. Include any important information on the back of the card.

You could make several copies and give them to friends/family members so that they have more information if there is an emergency.

You don't have to use this template, you can make your own 'Crisis Card' which is specifically relevant to you!