



Contact Card

This leaflet shows you how to complete your **Communication Card**.

It can be used if you are lost, worried or need help. You can show it to the Police/Emergency Services or anywhere that a **Disability Friendly** sign is displayed.

 **HELLO**
MY NAME IS

 **Things you need to know
about me and my health**

 **How I communicate**

 **Any other details**

Make sure you write your full name in this section.

In this section you should write any health information that people may need to know, which would help them to support you.

Write anything that you think will help people listen to you or understand what you want to say.



Contact Card

People who can help me


Name


Number


Name


Number


Name


Number

In a non emergency call
the Police on **101**

In an emergency call
the Police on **999**

On the train text the British
Transport Police on **61016**



iammescotland.co.uk


CROWN OFFICE
& PROCURATOR
FISCAL SERVICE
SCOTLAND'S PROSECUTION SERVICE


Victim Support Scotland

In this section you should write the names and numbers of the people who would be able to help you. These people could be:

- A family member or friend
- A carer or supporter
- Someone who knows you well

The two numbers in here are **101** for non emergencies and **999** for emergencies.

This section has the website addresses for I Am Me Scotland.

If you would like a replacement card
go to www.iammescotland.co.uk