Emergency contacts card

One page to print, fold and keep in your wallet or bag, with the national numbers and the people and offices you would need fast. Fill it in yourself; nothing is stored.

NAME _____ DATE _____

EMERGENCIES

- [ ] Danger or urgent medical help: 9-1-1
- [ ] Thinking about suicide, or worried about someone: call or text 9-8-8
- [ ] Local services and crisis lines: 2-1-1 where your province offers it

MY PEOPLE

- [ ] Emergency contact in Canada: [name, phone]
- [ ] Family at home: [name, phone, time zone]
- [ ] Roommate or neighbour: [name, phone]

MY OFFICES

- [ ] Campus security: [phone]
- [ ] International student office: [phone, email]
- [ ] My consulate or high commission: [phone], from Global Affairs Canada's list
- [ ] Landlord or residence office: [phone]

MY DETAILS

- [ ] Health plan or card number: [number] · Insurer phone: [phone]
- [ ] Allergies, conditions or medicines: [list]
- [ ] Bank card freeze line: [phone]

Replace every [bracket] with your own words.

SOURCES (CHECKED 2026-11-26)

Check current details on the official page. https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html (checked 2026-11-26)