UNIVERSITY OF MICHIGAN DEPRESSION CENTER

Important Contacts

www.DepressionToolkit.org

My Healthcare Providers	*Name*	*Phone*
Primary care		
Mental health care		
Pharmacy		
Emergency Contact		*9-1-1*

My Important Contacts	*Name*	*Phone*

This tool is intended to organize the contact information related to your treatment plan. In the spaces provided, note the names and phone numbers of your healthcare providers, including your mental health professional(s), your primary care physician, and your pharmacy, as well as a person who can be contacted in an emergency. Cut out as indicated and keep this information near your phone for easy reference.

For More Information

University of Michigan Depression Center
800-475-6424
www.depressioncenter.org

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