

## **IMPORTANT PHONE NUMBERS:**

### **911 - EMERGENCIES**

(fire, ambulance, first responders, police)

### **988 - MENTAL HEALTH CRISIS HOTLINE**

(available 24/7 via call or text)

### **811 - NON-EMERGENT HealthLine**

(get free health advice from a registered nurse)

### **306-310-RCMP (310-7267)**

(non-emergent; RCMP dispatch directory and reporting)

### **306-831-4034 - Proactive Pathways**

(coordinator helps improve longevity via home, community, and medical assistance)

### **306-567-2350 - Davidson Primary Care Clinic**

(book appointments, get more information)

## **HOUSEHOLD CONTACT INFORMATION:**

ADDRESS: \_\_\_\_\_

NAME 1: \_\_\_\_\_ NAME 2: \_\_\_\_\_

HEALTH CARD #: \_\_\_\_\_ HEALTH CARD #: \_\_\_\_\_

PHONE #: \_\_\_\_\_ PHONE #: \_\_\_\_\_

ALLERGIES: \_\_\_\_\_ ALLERGIES: \_\_\_\_\_

MEDICAL HX: \_\_\_\_\_ MEDICAL HX: \_\_\_\_\_

MEDICATIONS: \_\_\_\_\_ MEDICATIONS: \_\_\_\_\_

NEXT OF KIN NAME/PHONE #: \_\_\_\_\_

