

Mental Health Alert Card Application Form

This card is for you to show personnel from the emergency services as well as anyone you are dealing with to explain your experiences living with mental health problems.

Your personal information will be stored in a secure location at South Yorkshire Police (SYP). By signing this application form, you agree to us retaining your details. No third party will be privilege to this private information without your consent.

You also agree that this card will only be used by yourself and not transferred to anyone else. Please include a passport style photograph with this application.

Full Name:		What you prefer to be called:	
------------	--	-------------------------------	--

Date of Birth:		Your phone number:	
----------------	--	--------------------	--

Address:	
----------	--

Emergency Contact 1		Emergency Contact 2 (Optional)	
Name:		Name:	
Relationship to applicant:		Relationship to applicant:	
Address:		Address:	
Home phone:		Home phone:	
Mobile phone:		Mobile phone:	

Please note, that to ensure our records are accurate and up to date we need you to let us know of any changes to your name, address or telephone number. We will also contact you around every 12 months to check your information is still correct and you still consent to sharing your information with us.

Please send any updates to:

Email: Autism_Alert_Card@southyorks.pnn.police.uk

or post to **Autism Alert Card, Lifewise, Kea Park Close, Hellaby, Rotherham S66 8LB**

Please list the difficulties you have when dealing with people who don't know you, this information will be available to staff to allow us to understand your needs. You may wish to refer to the "Guidance on Completing the Application Form" (at the end of this form) for more information on what to tell us.

What causes me to become unwell?	Difficulties that might affect my ability to do certain tasks:
How I might present when unwell:	Travelling:
How I communicate:	Medication:
What can help/what needs to happen next:	About me: E.g. what I like/what makes me happy/what I do – for example talking about football or video games.
I also have these conditions	

Your Signature (applicant):		Date:	
--------------------------------	--	-------	--

If you are applying on behalf of someone else:			
Name:		Relationship to applicant:	
Signature:		Date:	

--	--	--	--

South Yorkshire Police will ensure that any data kept on their database is in accordance with GDPR (Data Protection) and the Management of Police Information Rulings and will not disclose data to any third party without prior consent.

On completion, please return:

- 1) This application form
- 2) A passport size/ style photo
- 3) Proof that you suffer from some form of mental illness (see guidance below)

Autism_Alert_Card@southyorks.pnn.police.uk or post to **Autism Alert Card, Lifewise, Kea Park Close, Hellaby, Rotherham S66 8LB**

If you lose your card, you can contact us through the email or postal address to let us know and get a replacement card.

Guidance on Completing the Application Form

- Please complete the form as clearly as possible
- You can get support from someone else (friend/family member/healthcare professional) to complete this.
- When telling us about your needs please consider using the prompt sheet below as a reminder of what you can include. This is just guidance – feel free to add more or ignore any points that don't apply to you.
- You do not need to complete every box on the form if they are not relevant to you

Providing proof that you are living with mental illness.

We recognise that not everyone has a formal mental health diagnosis and so can accept proof in a variety of formats including:

- GP Signature/letter
- Mental Health Team signature/stamp/letter
- Personal Independence Payment (PIP) or Disability Living Allowance (DLA) entitlement documents (photocopy)

Prompt Sheet

<p>What causes me to become unwell?</p> <ul style="list-style-type: none"> • Environmental factors (e.g. noise, bright lights, busy areas) • Tiredness • Being with people/strangers • Being lonely/isolated • Being touched • Being overwhelmed/overstimulated • Not taking medication • Reminders of the past • Stress/anxiety 	<p>Difficulties that might affect my ability to do certain tasks</p> <ul style="list-style-type: none"> • I hear voices/see things/experience hallucinations • I am very shy/anxious • I can't understand or process information • I need time to plan/manage changes of plan • Conversation • Difficulty concentrating • Getting lost
<p>How I might present when unwell:</p> <ul style="list-style-type: none"> • Agitated/distressed • Emotional/sad/crying • Manic/energetic • Chaotic/loud • Speech may be slurred/fast/slow/not make sense • I may struggle speaking at all • Unusual movements or tics • I may get verbally or physically aggressive • Speaking to myself • Talking to or responding to things that others cannot see • I struggle to understand and process information • Suicidal/wanting to hurt myself 	<p>Travelling:</p> <ul style="list-style-type: none"> • I can/cannot make my own travel plans • I can/cannot travel alone • I can travel by bus/train/tram/railway/tram/taxi/own vehicle • I am always taken places and collected by....
<p>How I communicate:</p> <ul style="list-style-type: none"> • What to call me/what not to call me (e.g. don't call me "love") • I may talk fast/slow/not speak at all 	<p>Medication:</p> <ul style="list-style-type: none"> • I do/do not take medication • I carry ___ medication to take if I need • Sometimes I forget to take my medication

<ul style="list-style-type: none"> • I prefer to write/draw/sign • Speak slowly • Ask simple questions/one question at a time • I like/do not like eye contact • I find police/emergency services/control difficult • I prefer to communicate with female/male officers 	
<p>What can help/what needs to happen next:</p>	<p>Things that I like or make me happy:</p>
<ul style="list-style-type: none"> • Quiet space/low stimulus environment • Someone to help me get home/to a safe place/continue my journey • Contact my emergency contact • Contact someone else • Rest • Food/drink • Sensory items/self-soothe • Mindfulness • Talking about what is happening for me • Making a plan 	

Please keep a note of the below details in case you need to contact us if you lose your card or need a replacement:

Contact us by email at Autism.Alert.Card@southyorks.pnn.police.uk

or by post to

Autism Alert Card, Lifewise, Kea Park Close, Hellaby, Rotherham S66 8LB