

Call 911 for an Emergency
Crisis Hotline: (209) 533-7000
or 1-800-273-8255

Show your providers this information at your visits so that everyone on your team knows about your personal health goals.



tuolumne.networkofcare.org/mh

My Diagnosis Physical & Mental Health

My Care Team

Name Role/Relation Location/Phone

Primary Care:

Behavioral Health:

My Health Care Goals

Goal Description, Physical & Mental Health

Goal #1

Goal #2

Goal #3

MY HEALTHINFO
one mind, one body



Emergency Info

My name:

Phone #:

Medical conditions/allergies:

Emergency contact:

Phone #:

Pharmacy

Name Location/Phone

Peer & Social Supports / Family

Insurance Case Manager: