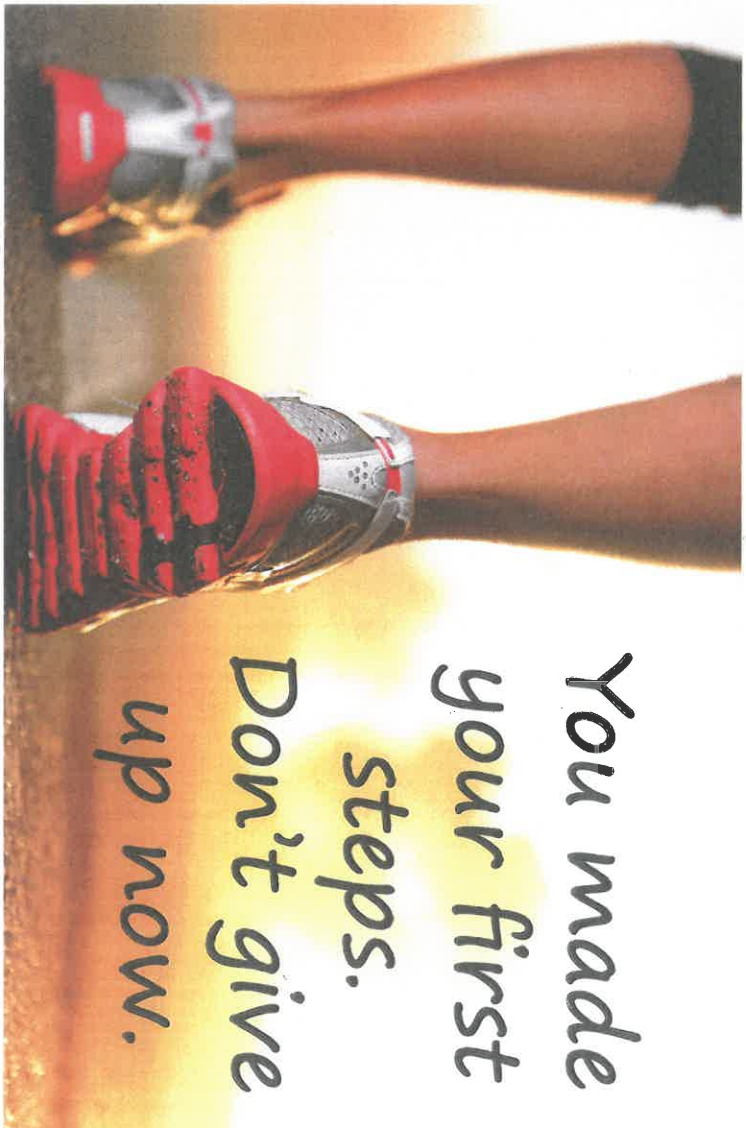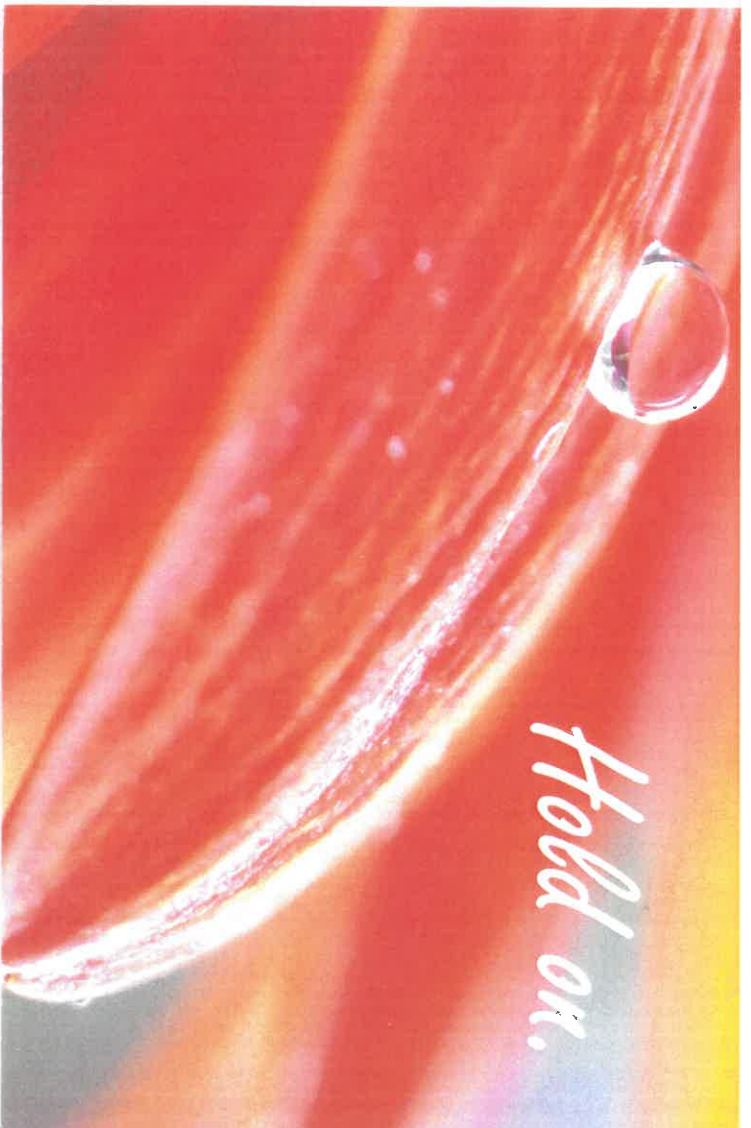FIRST Card

∨

You made
your first
steps.
Don't give
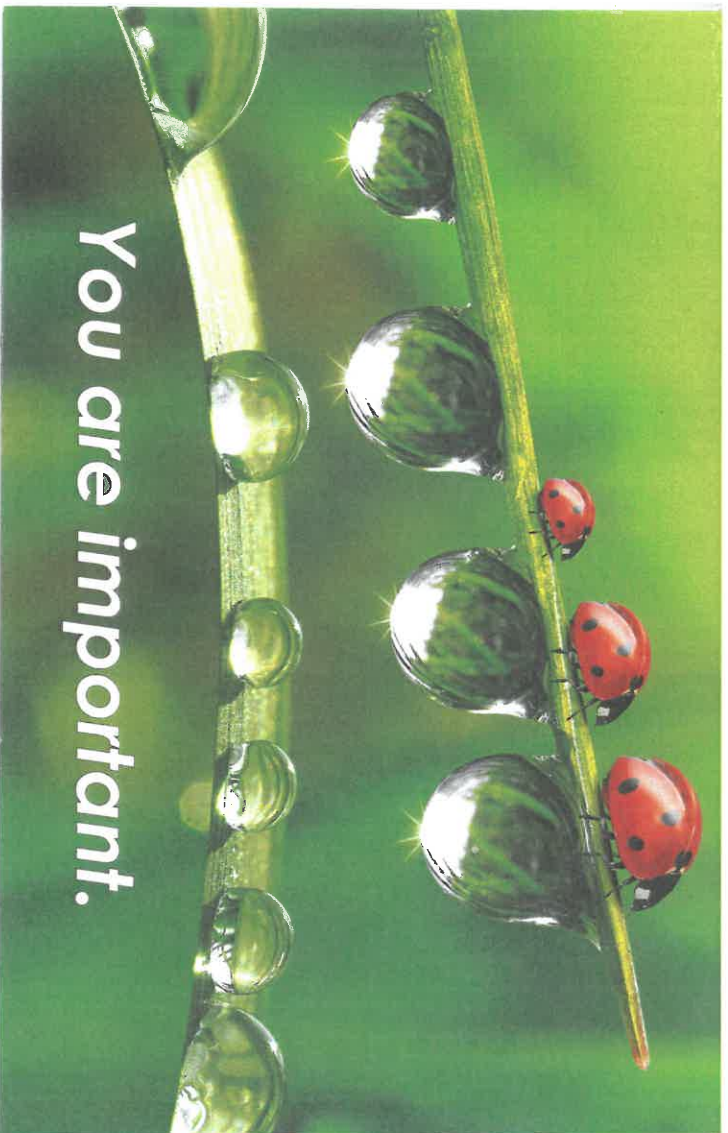up now.

Hold on.
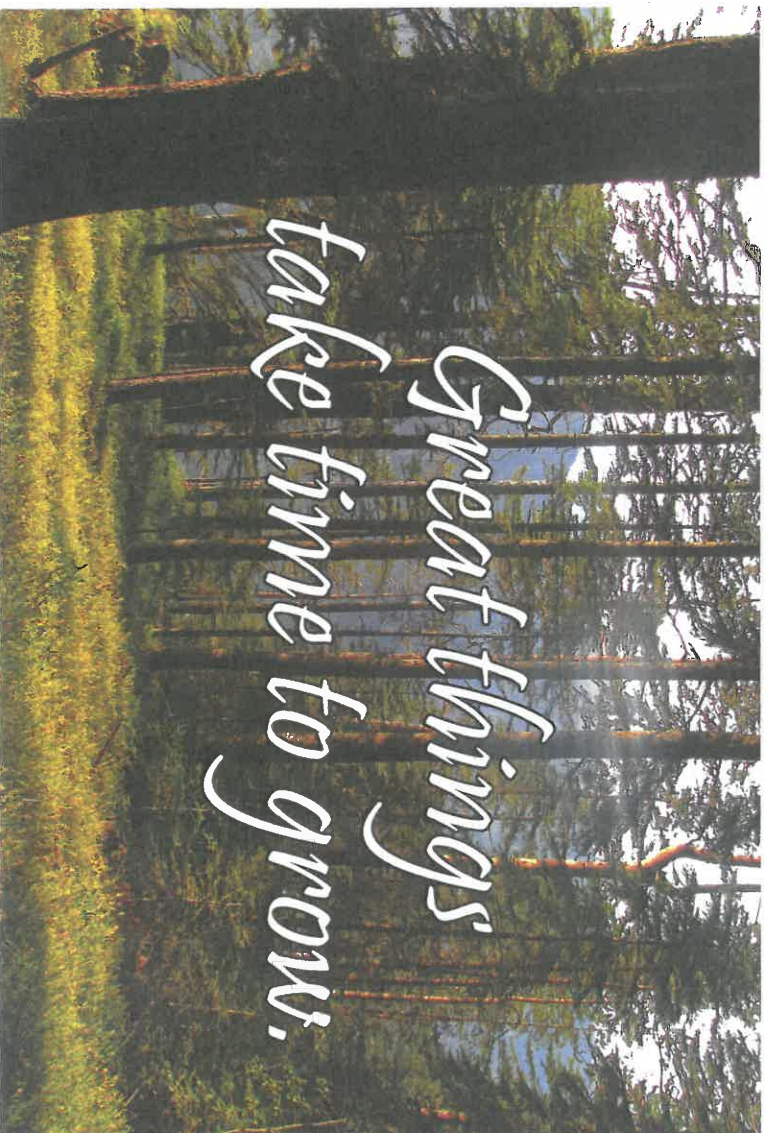
Like anything worthwhile...
it takes time.
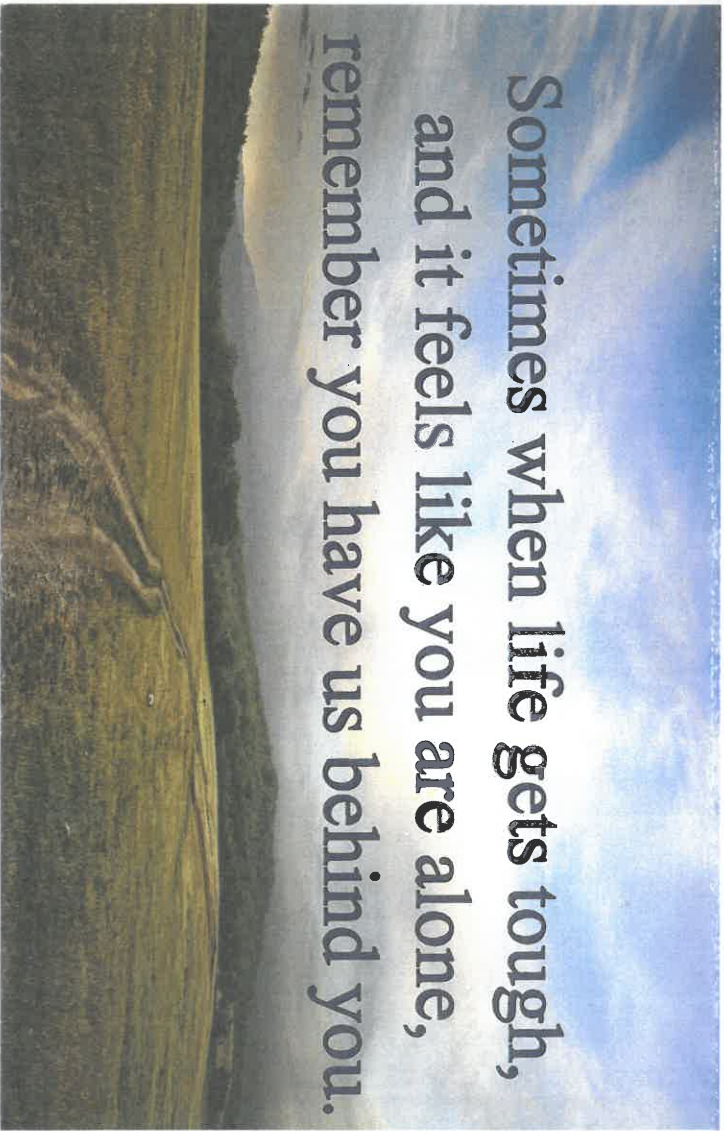
We can help you
get where you
need to go.

Great things take time to grow.

You are important.

Need a hand?
We are here for you.

Sometimes when life gets tough,
and it feels like you are alone,
remember you have us behind you.

Netcare Access Emergency Response Service

Caring Contact Cards Ideas

Here are some ideas for what to write in your cards. Try to make the cards encouraging. The first card should be the most specific, and address the discharge plan the most. Remaining cards can be more general.

Card 1

Hi (name of client) I am just writing to follow up since you were at Netcare. Remember to (pick one or more):

- *Go to your agency appointment (name agency , date, time, and case manager)*
- *Call your agency for an appointment (Name agency and phone number)*
- *Go to AA/NA meetings*
- *Do another treatment recommendation in discharge summary (play with dog, talk to family, journal, etc.)*

Hang in there! Call us if you need us!

Sincerely, (your first name)

Cards 2 – 5

Hi (name of client) I hope you are doing well. In case you are having trouble, I just wanted to let you know that we are here for you. Remember that (pick one)

- *You are worth it!*
- *You are important!*
- *You have an opportunity to make a new start every day!*
- *We are here 24/7.*
- *If you are having a tough day, take a moment, breathe and tackle one thing at a time.*
- *You can do it!*

Call us if you need us!

Sincerely, (your first name)

Cards 6-7

Hi (name of client) (pick one)

- *I hope you are doing well.*
- *I hope everything is ok for you.*
- *I hope you are having a good day.*
- *I hope life is treating you well.*

Remember to call us if you need us!

Sincerely, (your first name)

Card 8

Hi (name of client)

It has been about a year since you have been at Netcare. Throughout this year, we have sent you cards reminding you we are here for you and to wish you well. This is our last card; but please remember we are available 24 / 7 / 365 if you need us.

Give us a call. We would love to hear how you are doing!

Sincerely, (your first name)