

FRONT

DID Emergency Information Card – How to Help

I have a condition known as Dissociative Identity Disorder (D.I.D.) due to a history of severe trauma.

I have different “parts,” “alters” or “personalities”. These may present as being of a different name, gender, age, and developmental stage. We may be very frightened and traumatized and have difficulty distinguishing between the past and the present, so we find it really hard to calm down. *Please be careful about touching us and be gentle and patient.* “Alter personalities” may not be aware of what we have done (e.g. *self-harm or attempted suicide*) and may not be oriented to the location/date/time. We may be very disorientated and amnesic for what has just happened. Please try to understand our behaviors in the light of our past experiences.

BACK

DID Emergency Information Card – How to Help

I have a condition known as Dissociative Identity Disorder (D.I.D.) due to a history of severe trauma.

Please contact my mental health clinician, supportive friend, or family member identified here at:

and let them know I am here.
