

Please use these and share with others. I ask that you not change the layout, text or format of the cards. They are designed to be printed double sided, they can be laminated and carried in your purse, wallet or pocket.



Hi My Name is

I am Autistic. I may be feeling overwhelmed or experiencing sensory overload and can't communicate right now.

Can you please help me find a quiet place and:

christinakeeble.com



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In Case of Emergency 


Full Name:
Medical Conditions:
Medications:
Contact:
Phone:
.....
This calms me:
This triggers/upsets me:

christinakeeble.com

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