

# Four County Crisis Community Mental Health Crisis Response Program

**705-745-6484 or toll-free at 1-866-995-9933**

**Free service. Available 24/7.**



## **About Us**

Four County Crisis Mental Health Crisis Community Response Program is offered through the Canadian Mental Health Association Haliburton, Kawartha, Pine Ridge.

We work in partnership with a number of community agencies. For more information about these agencies, visit [www.cmhahkpr.ca](http://www.cmhahkpr.ca).

## **What We Do**

Four County Crisis (4CC) provides crisis response services to individuals with a mental illness, mental health concerns, and individuals in crisis. Crisis support is available to individuals sixteen years of age or older in the city and county of Peterborough, city of Kawartha Lakes, and the counties of Haliburton and Northumberland.

## **What is a Crisis?**

We often think of crisis as a sudden unexpected disaster such as a car accident, natural disaster or other tragic events. The crisis is often determined by the person's view of any event and their reaction to it.

If a person faces a problem by relying on their familiar methods of problem solving but those methods do not work or the person's support system is down, the person can be faced with a sense of being overwhelmed and may not know how to resolve the situation.

A crisis is a point in time when a change for the better or a change for the worse happens. ***This is where we can help.***

## Our Programs

### Crisis Intervention Team

The Crisis Intervention Team is comprised of a telephone crisis intervention team as well as a mobile outreach team. Telephone crisis support is available 24/7.

Following assessment, the Crisis Intervention Team can provide counselling, support and referral to community resources, as required.

### Crisis Safe Beds

Crisis Safe Beds provides individuals with a safe, supportive, residential environment to assist them in stabilizing their crisis. The program is sensitive to individual needs and assists in linking with community supports through information and referral. Typical stays are 3 to 5 days.

### Short-term Case Management

Brief, intensive case management is available to individuals who have more complex needs and circumstances. Short-term Case Managers work in partnership with individuals to develop crisis support plans. These plans aim to assist individuals in stabilizing their current crisis and connect individuals with the most appropriate community services.

### Dual Diagnosis Crisis Case Management

The Dual Diagnosis Outreach Worker provides case management for individuals in crisis who have both a developmental delay and a mental health concern.

### Are You in Crisis?

Struggling with your or a loved one's mental health? Call **705-745-6484** or toll-free at **1-866-995-9933**. Free, professional, confidential crisis support is available 24 hours a day, 7 days a week.



# 4 FOUR COUNTY CRISIS

**Community Mental Health  
Crisis Response Program**

**705-745-6484 • 1-866-995-9933**

**Fax: 705-745-5519**