

COMMUNITY MENTAL HEALTH PROGRAM CRISIS STABILIZATION UNIT: FACT SHEET

The WRHA Community Mental Health Program includes a range of services in the community that support adults experiencing mental health problems. Services are designed to support people in their recovery to live successfully within their communities. One service offered is the “Crisis Stabilization Unit” (CSU).

What is the Crisis Stabilization Unit?

The CSU provides short-term, community-based intensive care and treatment for individuals in psychiatric or psychosocial crisis who may be at risk of hospitalization.

Calls or referrals are welcome from the individual in crisis or health care professionals in hospital or in the community.

What can I expect when I go to the Crisis Stabilization Unit?

When you arrive, a multi-disciplinary team of mental health professionals will work with you to develop a plan that will assist you in managing and resolving the crisis.

Who is eligible for the Crisis Stabilization Unit?

Adults residing in Winnipeg, who are experiencing a mental health or psychosocial crisis.

What services does the Crisis Stabilization Unit offer?

The Crisis Stabilization Unit offers the following services:

- Short Term Crisis intervention
- Mental health assessment and psychosocial assessment
- Supportive place for an individual who is in crisis
- Therapeutic group programming
- Management of medications
- Health education regarding mental illness, coping strategies, wellness recovery planning and preventative techniques
- Liaison and referral to community resources
- Support to family members and others concerned
- Psychiatric consultation and assessment

How do I contact the Crisis Stabilization Unit?

Call 204-940-3633

Staff are available to assist you 24 hours, 7 days per week.