

The *Nipissing Crisis Intervention Program* is a team of professionals offering mental health and psychiatric support services to clients in crisis, 24 hours a day, through face-to-face emergency department visits, Community Crisis Outreach Services or by telephone.

Other Team services include:

- Emergency Department Psychiatry Consultations supported by the Nipissing Crisis Intervention Program, providing specialized psychiatric assessments and treatment to individuals presenting in crisis at the North Bay Regional Health Centre.
- Community Crisis Outreach Services providing rapid community consultations and brief crisis service, as well as clinical support to individuals admitted to the community safe beds or those at risk of involvement within the criminal justice system.
- Crisis Follow-up Program Clients seen by the Psychiatric Consultation Service who require additional follow-up and support may be referred to the Crisis Follow-up Program. Services offered include; short-term medication monitoring, adjustment and review, short-term supportive therapy including Cognitive Behavioural Therapy (CBT), solution-focused therapy and various skill building techniques, crisis assistance with housing and finances and/or referrals to community agencies or addiction services with transitioning support.

HOURS OF SERVICE

North Bay Regional Health Centre

Open 7 days a week
24-hour service

1-800-352-1141

(Toll Free / Long Distance)

for more information on services see

www.nbrhc.on.ca

West Nipissing General hospital

Open daily
3:30 pm to 11:30 pm

Tuesdays Only
8:30 am to 4:30 pm

(705) 753-3110 ext 288

Alliance Centre

Mattawa General Hospital

Open Monday to Thursday
9:00 am to 4:00pm

(705) 744-5511 ext 229

Nipissing Mental Health Housing
Support Services

Nipissing District



CRISIS

INTERVENTION

Program

Sponsored by

North Bay Regional Health Centre  Centre régional de santé de North Bay

What is a crisis?

- The onset of an emotional disturbance or situational distress in a person's life.
- Ongoing stress that may lead to lower levels of being able to function.
- Disruption of a person's emotional, physical, psychological, vocational and/or social areas of life.
- A sudden breakdown of an individual's ability to cope.

A person in crisis may experience:

- Thoughts of suicide
- Thoughts of harming self or others
- Symptoms of mental illness
- Lack of ability to care for self
- Feelings of depression
- Feelings of stress and anxiety
- Feeling overwhelmed with life's problems
- Grief and loss

The Nipissing Crisis Intervention Program Provides:

- 24/7 Telephone or face-to-face crisis services
- Confidential crisis assessment and counselling
- Short-term community crisis support
- Access and support to community crisis beds
- Community resources and appropriate referrals
- Rapid access to specialized community services across the District

**In case of an emergency,
you are encouraged to
seek help at your nearest
Hospital Emergency
Department.**

Crisis services are available to:

Individuals, 16 years of age and older, experiencing a crisis

Persons suffering from a serious and persistent mental illness

Who can refer?

- Self
- Families and friends
- Hospital Emergency Departments
- Community agencies
- Physicians

Telephone Crisis Support

1-800-352-1141

(Toll Free / Long Distance)

24 Hours

