

Westman Crisis Services – Toll Free 1-888-379-7699

(taken from the Brandon RHA website)

Westman Crisis Services is staffed by fully qualified people who are members of the communities that they serve. We know the many reason that people can have for needing support. We understand that anyone can be in a crisis situation. Regardless of the cause of that crisis, we are here to help.

Do you need someone to talk with?

Call us.

We listen, we hear, we help.

**24-hour help, free and confidential service, welcoming, compassionate response,
client-centred care.**

It is important to us that you receive the best help available!

The Westman Crisis Services works with adults in the Brandon and Assiniboine regions, who are in a mental health or psychosocial crisis.

We offer two services: the Crisis Stabilization Unit and the Mobile Crisis Unit. These two units works together to provide you with the help you need.

We will help you sort out the problems you are having and talk about choices. Our aim is to help you determine what you can do, and what assistance you need to help you. You make the decisions.

Our approach helps people to identify their needs, strengths and resources. We believe that people have the right to timely effective service that respects their choices.

Crisis Stabilization Unit (CSU) – (204) 727-2555

The Crisis Stabilization Unit (CSU) has eight beds for people needing a place to stay for a few days while receiving care. Our tem will help you develop a plan to deal with the situation that threatens your mental health.

The plan will be different for each person and could include any of the following:

- Crisis intervention
- Help to adjust to medications
- Learning healthier coping skills
- Help with social skills
- Linking to your support system
- Help to increase resources

- Help to prevent further crisis

Your Support Team: Nurses, Clinicians, Crisis Workers, Activity Worker, Program Worker

We will help you develop a plan to cope with your situation and get the support that you need.

Mobile Crisis Unit (MCU) - (204) 725-4411

MCU is a community-based service that is mobile – caring staff will meet with people in their own home, or another suitable place. The Mobile Unit is available by phone 24 hours a day.