



## Barrett Centre for Crisis Support

Barrett Centre provides a range of immediate crisis supports, 24 hours a day, in a safe setting.

We are committed to working with individuals from diverse communities who are experiencing emotional distress or crisis.

We support people to identify their needs and their strengths; to find sources of support and hope; and to feel more in control of their situation.

From Barrett Centre Clients ...

*"I was so relieved there was a beautiful, clean, safe environment that was available for me at my lowest, desperate time of my life. I wish I knew about this place sooner ... this is exactly what I've needed all along."*

*"The Barrett Centre is the only place I've gone for professional support where I felt that I was treated like a human being."*

Barrett Centre for Crisis Support  
is funded by the Ontario  
Ministry of Health and Long-Term Care.

Barrett Centre for Crisis Support

Office Phone: 905.529.4343 • Fax: 905.529.3993

[www.goodshepherdcentres.ca](http://www.goodshepherdcentres.ca)

24/7 Crisis Line

**905.529.7878**

Toll-Free 24/7 Crisis Line

**1.844.777.3571**

## What it means to have *Faith in People*

It means seeing the whole person. It means hearing warmth and humanity in their voices – not just despair.

We see potential and promise.

For the people we serve at Good Shepherd Barrett Centre for Crisis Support, our *faith in people* means all of this. It also means helping people discover their faith in themselves.



Good Shepherd  
Faith in people.



Hospitaller Order of Saint John of God  
Province of the Good Shepherd in North America

Charitable Registration # 13063 6798 RR0001

## Good Shepherd **BARRETT CENTRE** for Crisis Support



Good Shepherd  
Faith in people.



# Barrett Centre for Crisis Support

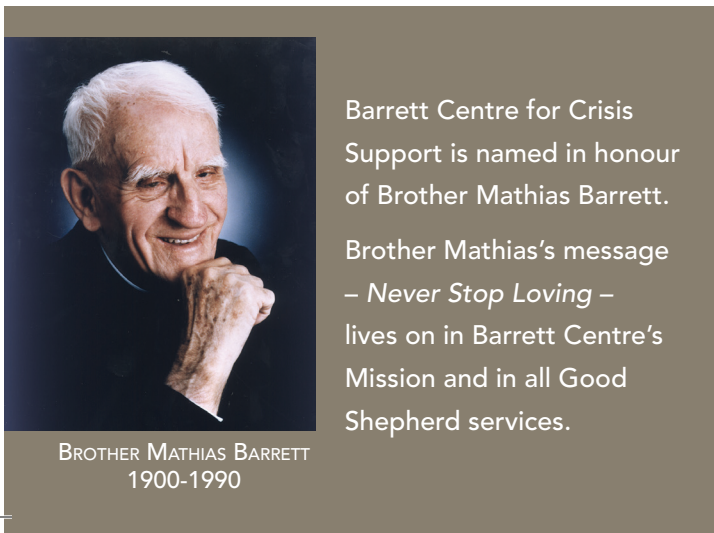
Barrett Centre for Crisis Support provides a safe environment in the community to respond to the needs of individuals who experience a mental health crisis and who do not require a hospital stay.

We support people in developing effective solutions to their crises through immediate care and referrals for ongoing support.

Our crisis and peer support workers have a broad range of experience in the fields of mental health, addictions, recovery, crisis counselling and harm reduction.

When people stay at Barrett Centre, our staff help them through their immediate crises and assist with a safe return to their home and community. This may include connecting the person to other services and supports.

*All services are confidential and there is no cost.*



## What We Do

Barrett Centre provides care and support to people who experience a mental health crisis and do not need to stay in the hospital. Services are available 24 hours a day, every day of the year.

### *Crisis Telephone Support*

Telephone support is always available to assist in finding solutions to a person's crisis. This may be done through immediate and ongoing support or referral information to other pertinent community supports.

– **Crisis Line: 905.529.7878** –

– **Toll-free Crisis Line: 1.844.777.3571** –

### *Crisis Counselling*

We offer face-to-face support. A one-time appointment for a one-on-one session with a crisis support staff member will be arranged.

### *Crisis Stay*

Barrett Centre has private and semi-private rooms for people who need a short-term stay for crisis support. Those who stay at the Centre have access to crisis workers who are accessible around the clock. The Centre provides a safe atmosphere where clients can lock the doors to their rooms. Barrett Centre supports all gender identities.

### *Additional Support Services*

Peer Support and Harm Reduction Programs are available to all crisis clients.



## We Are Part of the Solution

Barrett Centre for Crisis Support works in partnership with other professionals in the community. We provide help with referrals to other community resources as needed and appropriate.

## Referrals

Referrals to the Barrett Centre for Crisis Support may be made by:

- People in crisis
- Agencies
- Family or friends
- Shelters
- Hospitals
- Other crisis services

When making a referral, you may speak with a crisis worker to see if the Barrett Centre meets your needs. Crisis staff will request to speak to individuals being referred.

### *Additional information:*

- Our services are voluntary;
- Barrett Centre is partially wheelchair accessible;
- We serve people 16 years and older;
- We also support individuals with a mental health diagnosis transitioning from a psychiatric hospital stay or custody back into the community.
- People who stay overnight at Barrett Centre must be able to physically care for themselves or have supports in place;
- We are unable to reserve crisis beds;
- We are unable to be part of a court-ordered treatment;