

Safe Beds

Crisis Beds Program

Safe Beds provides 24/7 short-term crisis support (typically 3-5 days) to individuals as an alternative to hospitalization. This is a voluntary, non-medical residential program offering a therapeutic environment for individuals to stay while they work through their crisis. Through this program, individuals are provided 24-hour crisis counselling.

Working together, you and the Safe Beds staff can:

- Discuss your immediate crisis situation
- Identify your current strengths and any challenges to overcome
- Develop short-term goals while working on recovery planning and developing coping skills
- Support you in regaining confidence to address your identified challenges
- Access information and referrals as required

What you need to know:

- You can call Access Line at **1-866-550-5205** for 24/7 confidential help
- Any health professional, social worker, crisis worker, or other individual/agency with knowledge of your current situation and relevant history can refer you to this service
- You must maintain sobriety while you are in the Safe Beds program
- You do not need to have a mental health diagnosis to be eligible for this program
- You cannot pose a health and safety risk to others
- While staying at Safe Beds, you will be asked to comply with certain health and safety prevention protocols, which are explained in full following acceptance into the program



905-641-5222
www.cmhaniagara.ca

