



Who we are

Gerstein Crisis Centre was established 25 years ago in Toronto to meet the recognized need for providing community based support reflecting the needs and wishes of people experiencing mental health crisis

We are a consumer survivor driven organization

Services Provided

Gerstein on Charles

Telephone Crisis Line: 416 929- 5200

Referral line

Mobile Team (Community based Non-police)

Short term Crisis Beds (10 beds) 3-7 day stay

Gerstein on Bloor 416 604-2337

Mental Health and Justice Beds (9 beds) 30 day stay access through

Female Crisis Beds (5 beds) access through Gerstein Crisis or Gerstein on Bloor 30 day stay

Substance Use Crisis Team

Respond to crisis calls and provide follow-up with individuals who are dealing with a crisis involving concurrent or serious substance use issues

Short Term Residential Crisis Beds for stays of up to 30 days

For Mobile Crisis Intervention Services (Community Based Non-Police)

Scarborough

Call (416) 289-2434

Peel

Call (905) 278-9036

York Region

Call (905) 310-COPE

(From 905 area only)

Etobicoke North York East York

Durham Region

1-800-742-1890

Short term, crisis and transitional supports and service planning

Short term, crisis and transitional supports and service planning residential safe beds in high support settings, maximum 30 day stay
centralized telephone access for immediate consultation with network staff
on-site consultation and support from in-home, day program, and residential service network staff
time limited staffing support in social service settings

Call 416-222-3563 after hours, call Gerstein Crisis Centre 416 929-5200

In partnership with Gerstein Crisis Centre, Reconnect Mental Health Services, Surrey Place Centre and Aptus Treatment Centre (formerly MukiBaum Treatment Centres)

Suicide

Examining our thoughts, and beliefs is an important step in being able to provide support to people at risk of suicide.

I need to **Tell** someone about my thoughts of suicide.

I am alert to your needing to **Tell** me.

I need someone to **Ask** me about my thoughts of suicide.

I am willing and able to **Ask** you directly.

I need someone to **Listen** to my thoughts and feelings about suicide.

I am willing and able to **Listen** to your thoughts and feelings about suicide.

I need help **Keeping Safe** from suicide.

I am willing and able to help you **Keep Safe**.

INFORMAL RESOURCES

FORMAL RESOURCES

24-HOUR

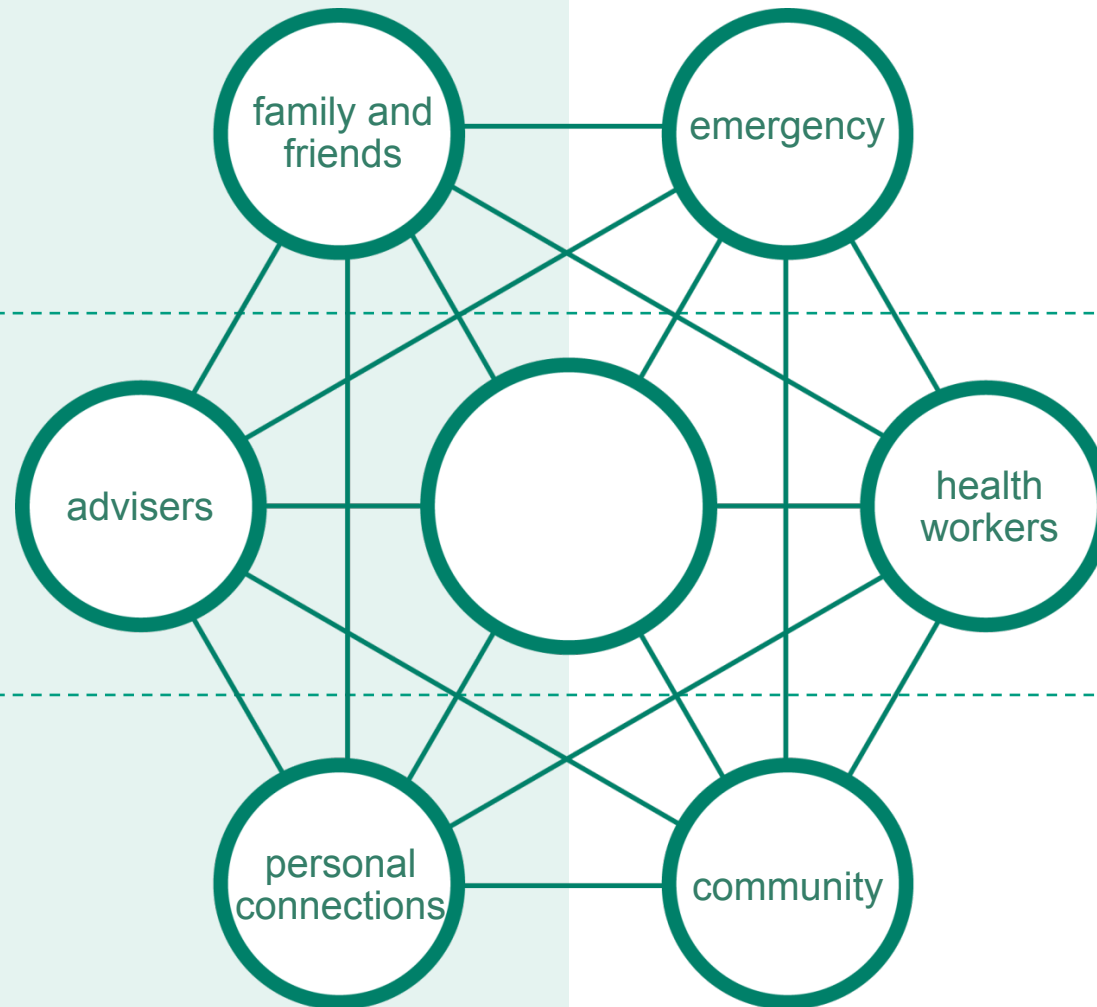
24-HOUR

LONGER-TERM

LONGER-TERM

LIFE-LONG

LIFE-LONG



safeTALK

safeTALK is a half-day alertness workshop that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. It is an excellent tool for people who want to become alert to the dangers of suicide in a convenient timeframe. For more information

ASIST

During the two-day interactive session, participants learn to intervene and help prevent the immediate risk of suicide. ASIST (Applied Suicide Intervention Skills Training) has saved and changed hundreds of thousands of lives around the world. For more information on this valuable workshop,

Voices from the Street

Voices from the Street is offered in partnership with Working for Change and the Gerstein Crisis Centre and is a speakers bureau comprised of individuals who have had direct experience with homelessness, poverty, and/or mental health issues.



F.R.E.S.H.

Finding Recovery through Exercise, Skill and Hope

Peer support model that focuses on helping individuals get physically active, learn new skills, interact socially and find ways to get involved in the community.

F.R.E.S.H. services are offered to past and present clients of the Gerstein Centre, Houselink Community

Homes and the Primary Support Unit (PSU) The F.R.E.S.H. project offers many activities including Yoga, Gym Groups, Ball Hockey, Walking groups, Nutritional Information, Boundless Adventure Trips and Social Outings.

WRAP

Wellness Recovery Action Plan

WRAP stands for Wellness Recovery Action Plan. It's a program that was developed in Vermont, USA, by Mary Ellen Copeland and a group of friends who had all experienced the mental health system. The WRAP program involves an educational and planning process that is grounded in mental health recovery concepts such as hope, education, empowerment, self-advocacy, and interpersonal support and connection. Within a group setting, individuals explore self-help tools and resources for keeping themselves well and for helping themselves feel better in difficult times.



WRAP & Fitness

This project was developed by Gerstein Crisis Centre to incorporate WRAP learning with physical activity assisting participants in exploring physical fitness and nutrition as recovery tools. We have partnered with the Downtown YMCA and access their facilities for this project.

Training and Mentorship

For individuals with lived experience who have demonstrated an interest in the mental health field, but due to mental health issues, have experienced barriers to employment.

The Learning Exchange

A joint initiative of Gerstein Crisis Centre and Ryerson University's Internationally Educated Social Work Professionals (IESW) Bridging Program.

- support internationally educated professionals in gaining Canadian employment in the community mental health field
- provide opportunities between existing and new staff to share equally in an exchange of knowledge, skills, and life experiences; and
- to strengthen the capacity of Gerstein Crisis Center in its provision of programs and services.

Moving Towards Fitness

In High Park

Start to reclaim your health by exploring the connection between physical and emotional wellness

Incorporating physical fitness while sharing positive strategies for managing and finding balance in our day-to-day lives

Facilitated By:

A trained fitness instructor/ yoga teacher and a community peer support worker

All fitness levels are encouraged to participate!

This **FREE** program will include:

A varied terrain walk, an introduction to circuit training workout and a wellness check in

Friday, May 29th

11:00am until 1:00pm (Rain or Shine)

Every Friday for 4 weeks

We will meet at the entrance on the corner of Bloor Street West and Keele Street

Please bring:

Water, athletic shoes and a towel or exercise mat

To sign up, call or email:

email: moving.towards.fitness@gmail.com

phone: (416) 929-0149 x259 or x 232





Recovery Focused Workshops

PeerZone is a series of three hour peer led workshops in mental health and addiction where people explore recovery and whole-of-life wellbeing.

Who can get involved?

Anyone who has an experience of mental distress or addiction can participate in PeerZone workshops.

PeerZone is free of charge for people who participate.

We've developed eighteen workshops within five themes:



Understanding ourselves

Empowering ourselves

Working on our wellbeing

Connecting to the world

Exploring our unique identities



For more information on
PeerZone:
www.peerzone.info

For more information on
The Gerstein Centre:
www.gersteincentre.org

The Gerstein Centre will host a PeerZone information session on **Sunday, June 14th, 2015** at the **The 519 Church Street Community Centre** at 519 Church St., from **1:30 pm until 2:30 pm**, where we will go into much more detail on the particulars of the program and how to pick and apply to attend the workshop(s)

To participate in any of the workshops, registration is required and attendance to the information session is **highly** recommended. If you can't be there please email or call:

Nicki Casseres— Gerstein Centre Coordinator of Training & Community Education
tel: 416 929-0149 x259 or x232

Or email:

peerzonegcc@gmail.com



Community Partnerships

- ❖ Griffin Centre
- ❖ University Health Network, Toronto Community Addiction Team
- ❖ Salvation Army Maxwell Meighen Centre, Primary Support Unit
- ❖ Metro Crisis Team, Scarborough Mobile Crisis Team
- ❖ Seniors Crisis Access Line
- ❖ Crisis Outreach Service for Seniors
- ❖ Working for Change
- ❖ Krasman Centre
- ❖ Ryerson University
- ❖ Houselink Community Homes
- ❖ YMCA (Downtown and West End)
- ❖ Mental Health & Justice Short-term Residential Bed Network
- ❖ Reconnect Mental Health Services
- ❖ Canadian Mental Health Association Toronto
- ❖ COTA Health