

WHO IS CRCL FOR?

CRCL is a mobile, community-led crisis response team that provides support to people 13 years and older who are experiencing a mental health crisis.

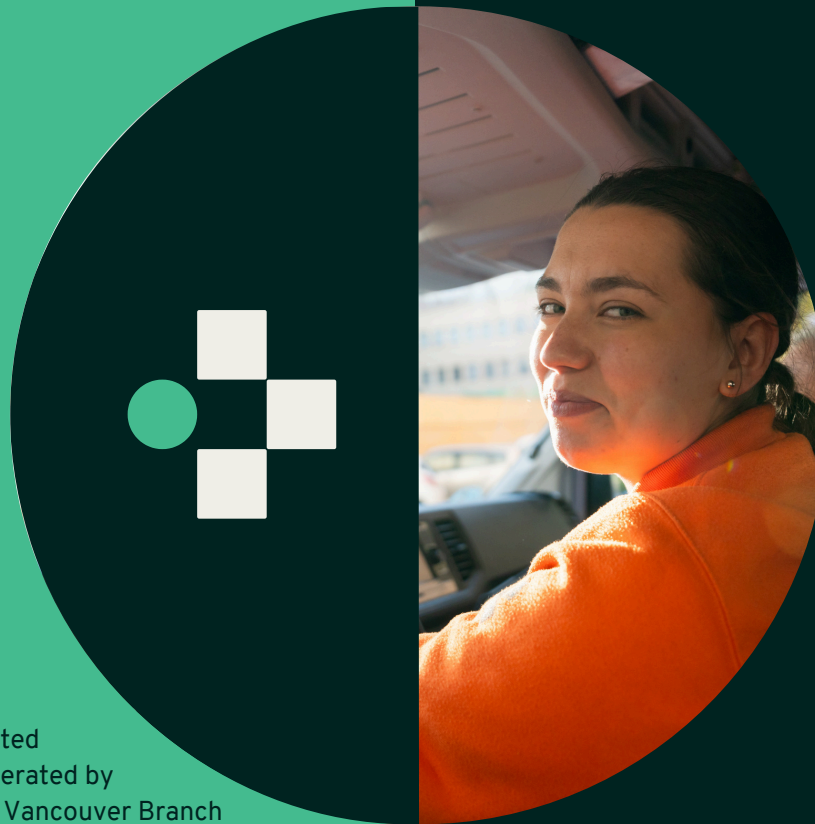
If you recognize signs or symptoms of a mental health crisis in yourself or others, you can call CRCL.

Learn more at CRCLNorthShore.ca

Visit Our Website



Scan Me



CRCL is a Peer Assisted Care Team Model operated by CMHA North & West Vancouver Branch on the unceded, ancestral, and traditional territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and Səlílwətał (Tsleil-Waututh) Nations.

Supported by



8 AM – 12:30 AM
7 days/week
CALL: 1-888-261-7228
TEXT: (778) 839-1831

CRCLNorthShore.ca



WHAT IS A CRISIS?

Crisis can look different for everyone. You might need to reach out for help because you are:

- Feeling grief, panic or anxiety
- Acting or feeling ways that are different or distressing
- Experiencing thoughts of self-harm
- Experiencing thoughts of suicide
- Concerned for the wellbeing of someone who could be experiencing a mental health crisis

WHAT HAPPENS WHEN YOU CALL CRCL?

CRCL can come to you, on your terms. CRCL provides an urgent, in-person, consent-based mental health response.

Trained CRCL dispatchers assess incoming calls. If a mental health crisis is occurring, CRCL can dispatch a team of at least two crisis responders.



CRCL crisis responders work to reduce distress, provide safety and support until:

- the crisis is resolved
- a crisis care plan is developed
- referral to another service is accomplished
- or the person in crisis no longer consents to service

THE TYPES OF SERVICES PROVIDED BY CRCL CAN INCLUDE:

- Safety planning
- Acute crisis management
- Advocacy and systems access support
- Peer and person-centered support
- Referral to community, health and mental health services
- 48-hour post-crisis intervention follow-up