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| Helpful Numbers During a Mental Health Crisis |
| **Region 4 Mobile Crisis** ***1-833-968-1800*****CSB Emergency Services** ***Henrico…………804-727-8484*** ***Hanover………...804-365-4200*** ***Chesterfield…….804-748-6356*** ***Crossroads……..1-800-548-1688*** ***Goochland……...804-556-3716*** ***Powhatan……….804-598-2697*** ***District 19………804-862-8000*** ***RBHA………….804-819-4100*****Crisis Text Line** ***Text “HOME” 741-741*****Suicide Hotline** ***1-800-273-8255*****Suicide/Hopeline** ***1-800-784-2433******If you are unsure you can always******call emergency services by*** ***dialing 9-1-1*** |
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| Notes\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
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| Crisis Response and Stabilization Team |
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| CReST acts as a resource for individuals in Region 4 who are in crisis and need help. With quick response and assistance connecting to ongoing services, CReST hopes to reduce the cycles of crises and prevent the need for more intense care.Region 4Region 4 covers these CSB areas: Chesterfield Mental Health, RBHA (Richmond), Henrico Mental Health, Hanover County, District 19 (Petersburg/Emporia), Crossroads (Farmville), Goochland/Powhatan CSB.  |

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| What to Expect***Community Crisis Stabilization***After receiving a referral, a CReST clinician will contact you or your family to further discuss the crisis and coordinate an intake. The intake can take place at your home. During the intake the clinician will complete an assessment to get a better understanding of the crisis and your needs. You and your clinician will create a safety plan, treatment plan, and crisis education and prevention plan during services. You will meet with your clinician on a weekly basis, and will be linked to ongoing resources in the community. The CReST program is structured to be short-term. The length of services will vary depending on need and crisis. Your CReST clinician will ensure services with providers have begun, and are running smoothly before the case is closed. ***Mobile Crisis Response***The Region 4 Mobile Crisis Line is available 24 hour a day, 365 days a year. When you call the line you speak with a CReST clinician and determine if a referral to the program or immediate response to the home is most appropriate. If the clinician dispatches out to the home they will complete an assessment to determine the most appropriate steps for safety moving forward. Which can include a higher level of care or referral to community crisis stabilization. It is the goal of CReST to support the individual in the least restrictive treatment setting.  |
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| Frequently Asked Questions* Do I have to participate in services?

*Services are* ***not*** *mandatory, but are designed to help reduce the need for emergency crisis services in the future.** Do I need to have insurance?

*There are no insurance requirements to participate in CReST, and no out of pocket expense.* * What do we do if we cannot go to your office?

*CReST clinicians work to meet you at a time and location that works best for you and can come to your home.* * When can I use the Region 4 Mobile Crisis Line?*The mobile crisis line is available 24 hours a day, 365 days a year. You can contact the line for crisis support any time, even after discharge from the Community Crisis Stabilization program.*
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| Contact Us**Hotline: 1-833-986-1800**107 S. 5th StreetRichmond, VA 23219CReST@rbha.orgFax: 804-819-4262 |

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