



# Barrett Centre For Crisis Support

## Our Mission

The Barrett Centre provides a range of immediate and unique crisis supports available 24 hours a day, in a safe and supportive 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.

*“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.”*

A Barrett Centre Client

Barrett Centre for Crisis Support  
Tel: 905.529.4343 Fax: 905.529.3993  
www.goodshepherdcentres.ca

**24/7 Crisis Line**  
**905.529.7878**

At Good Shepherd we have Faith in People. This means seeing the whole person, not just the problem. Hearing the warmth in their voice, not just the despair. Recognizing that everyone is a father, a mother, a son or a daughter. Seeing the potential and promise where others don’t. For those we serve at Good Shepherd, our faith in people means all of this. Most of all, it means they discover their faith in themselves.

Our services depend on the support of people who share our vision. There are lots of different ways to get involved – from volunteering your time and talent, donating food and clothing, to making a financial donation. To find out more about us, please contact us or visit our website at [www.goodshepherdcentres.ca](http://www.goodshepherdcentres.ca).

Good Shepherd Development Office  
10 Delaware Avenue, PO Box 1003  
Hamilton ON L8N 3R1  
905.528.6565  
[www.goodshepherdcentres.ca](http://www.goodshepherdcentres.ca)

 Good Shepherd  
Faith in people.

Charitable Registration # 13063 6798 RR001

# 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 health, mental health, addictions, recovery, crisis counselling, and harm reduction.

All services are confidential and there is no cost. 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 longer-term support.

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



BROTHER MATHIAS BARRETT  
1900-1990

Barrett Centre for Crisis Support is named in honour of Brother Mathias Barrett, founder of the Little Brothers of the Good Shepherd. Brother Mathias's message of "Never Stop Loving" lives on in the Mission of Barrett Centre and all Good Shepherd Programs and Services.

## 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. We provide services 24 hours a day, 365 days 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 Counselling

We encourage individuals seeking face-to-face counselling to call our Crisis Line. An 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 skilled crisis workers who are accessible around the clock. The Centre provides a safe atmosphere where clients can lock the doors of their rooms.

### Beyond Self Harm Group

Barrett Centre runs a weekly group session to support people who experience challenges with self-harming behaviour to find other options. Please call us for more information on this 10-week program.



## 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.

### Additional Information

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