

If you are overwhelmed and require time away from your present situation, our voluntary short-term program will provide a safe place to stabilize and help you connect with resources.

We are not a homeless shelter or withdrawal management.

If you are over 16 and experiencing a mental health or addiction crisis, the BSB Program is here to support you

How do I contact you to learn more about you?

Call: 519-752-2998, ext. 401

Email: bsb@cmhabhn.ca

Fax: 519-304-0300

PLEASE, NO DROP-INS.
CALL FIRST



BRANT SAFE BEDS PROGRAM



Canadian Mental
Health Association
Brant-Haldimand-Norfolk
Mental health for all

You have questions, we have answers

Program FAQ

Q: What is a Safe Bed?

A: Safe Beds (Justice/Crisis) offers an alternative to hospitalization for individuals with a mental illness, experiencing a crisis and unable to stay in their current living situation.

Safe Beds is a voluntary, non-medical residence providing services 24/7.

Q: How long can I stay at the Safe Beds?

A: It depends on how the referral was made.

For police referrals, the stay is up to 30 days.

For all other referrals, the stay is up to 7 days.

Q. What can you help me with?

A: We offer crisis support, including coping strategies, safety planning and recovery planning. Depending on needs we can also assist with medication stabilization, housing searches, accessing income supports, and much more.

As well, we will make referrals to various resources to assist with the problems that caused the crisis.

Q. What happens after I leave?

A: Everyone at the BSB is offered support after leaving. You can continue working with a Case Manager, Peer Support Worker and our Concurrent Disorders Specialist.

You can review your goals with them and see what is right for you.