

How do I get into the program?

You need a referral to come to CRESST. The following services can help you decide if our program is right for you and make you a referral.

- Your mental health case manager
- A doctor or nurse practitioner
- Your psychiatrist
- A hospital emergency department or inpatient unit

What do I bring?

Bring items that you would bring if you were going on a short trip. Some good ideas include the following:

- Personal toiletries
- Weather-appropriate clothing
- Pyjamas
- Walking shoes
- Electronic devices
- Books
- Music

We have laundry facilities for your use. We also have a laptop and tablet that you can use.

If you have any questions or would like to know more about the CRESST program, please feel free to call us or scan the QR code below.



CRESST
Programs

CRESST Surrey

13525 – 98th Avenue
604-587-4220

CRESST Abbotsford

33720 McDougall Avenue
604-870-7583

CRESST New Westminister

220 Sherbrooke Street
604-521-1205

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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For more copies: patienteduc@fraserhealth.ca

CRESST Program

Community Response Emergency Short Stay Treatment

Surrey ♦ New Westminister ♦ Abbotsford



Providing treatment and a place to stay (short term) for adults who are in a mental health crisis.

What is CRESST?

We offer you the treatment you need to become stable. Instead of staying in a hospital, you stay in a comfortable, home-like setting.

When you are here you can have a break from personal stressors.

We are a safe and supportive place where you can discuss your problems and your needs.

Our team provides you with support as you learn new skills that will help you when you leave our program.

What services do you offer?

Some of the ways that we can support you include the following:

- ✓ Helping you manage your mental health crisis
- ✓ Connecting you with a psychiatrist
- ✓ Helping you with your medications
- ✓ Helping you learn different ways of coping
- ✓ Offering you counselling
- ✓ Connecting you with resources in the community

Who is on the team?

Psychiatric Nurses

Our psychiatric nurses work with you one-on-one. They help you cope with your mental health crisis in a safe, supportive environment.

Psychiatrists

Our psychiatrist works with you to establish the nature of your mental health condition and agree on the best treatment, which may include medications. You can ask them questions about your condition and the recommended treatments including your medications.

Mental Health Workers

Our mental health workers help you individually and also offer group activities. They support you with your day-to-day activities and work with you to develop routines.

Peer Support Workers

Our peer support workers have been in a situation similar to yours at some point in their lives. They can offer you emotional support and understanding.

Social Worker

We have a social worker at some of our locations. They help you problem-solve, provide short-term counselling, and help you meet any goals you have. They can also help you complete documents.

What activities are there?

You might want to participate in some of the activities we offer, including the following:

- Group walks
- Ted Talks
- Meditation groups
- Clubhouse connections and groups
- Light exercises such as Tai Chi, chair exercises, Qigong, and low-impact dance
- Arts and crafts
- Karaoke

What about food?

Our cook makes delicious and healthy meals for you. We also provide snacks.

If you have allergies or don't eat certain foods due to cultural or religious reasons, let us know. We will make sure you have food you can eat.

