

Situations That May Lead to a Consultation and Referral

- Your problems go beyond your ability to stay balanced
- You feel that everything is slipping away from you
- You feel like you're losing control of your life
- You're having trouble functioning in your daily life
- You have suicidal thoughts
- Your mental health has deteriorated
- You are worried about a family member who is in crisis

Our Team

The *Équipe mobile Résolution* has inter-disciplinary members who include:

- Special educators
- Nurses
- Social workers
- Psychoeducators
- Clinical activity specialists

514 351-9592

Services Offered
24/7
Confidential Services



Équipe mobile Résolution (Mobile Crisis Team)

514 351-9592

Direction des ressources humaines,
des communications et des affaires juridiques

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Centre intégré
universitaire de santé
et de services sociaux
de l'Est-de-
l'Île-de-Montréal

Québec 

Québec 

Our Mission

Provide assessments, referrals and intervention services for people experiencing a crisis and for their families and loved ones. Promote an individualized, recovery-focused approach.

Target Clients

- Aged 18 and over
- Residing in the east end of Montreal
- Experiencing stressful events or a psychosocial crisis that may or may not be related to a mental health problem



Our Services



24/7 Phone Support

As the entry point for our services, the direct phone line is accessible 24 hours a day, 7 days a week. It provides immediate support to anyone in distress, whether they are suicidal or not. The phone service is also available for concerned relatives or health professionals who want to get a referral.



Assessment, Guidance and Referrals

Over-the-phone or in-person assessments provide an overview of the person's situation and needs and determine the required services.



Crisis Follow-up in the Community

Crisis follow-up can take place directly in the community according to the person's wishes and needs. The team sets up rapid and intensive follow-up to resolve the crisis. How long the person is followed will depend on the crisis resolution goals, and the service episode may last up to a maximum of 6 to 8 weeks.



Crisis Housing

When someone must be removed from their home environment, we can arrange for short-term crisis housing.