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## NEWS RELEASE

### **Canvas Health contracts with Region 7E counties for mental health crisis response**

**North Branch, Minn., Jan. 28, 2019:** Canvas Health, a nonprofit community mental health and substance use agency, recently renewed its contract with Region 7E's counties (Chisago, Isanti, Kanabec, Mille Lacs, and Pine) to provide 24/7 mental health crisis response services to its residents. The counties have contracted with Canvas Health since 2015 for 24/7 crisis response services.

When a person calls the East Central Crisis Services line (1-800-523-3333), they may receive crisis counseling, information or referrals, or a direct link to a provider who will come to where the caller is and provide a crisis assessment. These services are offered to the caller in their home, where they work, or in the community at any time during the day, night, on weekends, and on holidays. Meeting with a crisis provider offers an opportunity to discuss the crisis, receive counseling, learn coping skills, and create a safety plan. These services help a person in crisis to know their resources and supports while also receiving the help they need to reduce the impact of their crisis situation.

Mental health crises and emergencies can be behavioral, emotional, relational, or psychiatric situations needing a timely intervention to reduce the possibility of harm to self, others, or property.

Since 2015, Canvas Health has worked collaboratively with Therapeutic Services Agency, Lighthouse Child and Family Services, and Avivo to provide 24/7 crisis response services to residents of Region 7E. Canvas Health crisis providers answer calls to the 800 number from 8 a.m.-5 p.m., Monday-Friday. In 2019, Region 7E added in after-hours call line services through First Call for Help for phone answering coverage during evening, overnight, and weekend hours.

To contact the East Central Mobile Crisis Services mental health crisis response team, call 1-800-523-3333.

In addition to crisis response services through Canvas Health, Region 7E also funds a Peer to Peer Telephone Support line through Wellness In the Woods, which is a safe and supportive place for people to call and speak with peers who are there to listen and support adults experiencing emotional distress. Call 1-844-739-6369 or visit <https://www.mnwitw.org>.

Additional mental health related services provided in the region can be found at <http://adultmentalhealth.org>.

*Celebrating 50 years of bringing hope, healing, and recovery to the lives of people we serve, Canvas Health offers over 35 clinic- and community-based programs. Our highly skilled, compassionate clinicians provide services to people struggling with mental illness, substance use, crisis, unstable housing, and trauma. Canvas Health, a nonprofit agency, acts as a safety net provider, serving those with complex needs who may not otherwise be able to afford care. For more information, visit [www.CanvasHealth.org](http://www.CanvasHealth.org).*

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