



Community RESOURCES

Health Line..... 811
 Mobile Crisis..... 306-757-0127
 Mental Health Clinic..... 306-766-7800
 COAST..... 306-766-7913
 RQHR Addiction Services..... 306-766-6600
 Child and Youth Services..... 306-766-6700
 Regina Crisis/Suicide Line..... 306-525-5333
 Canadian Mental Health Assoc.... 306-525-5601
 Regina Schizophrenia Society..... 306-584-2620
 Toll-free at.....1-877-584-2620
 Transition House Crisis Line..... 306-569-2292
 Carmichael Outreach..... 306-757-2235
 Souls Harbour Rescue Mission... 306-543-0011
 Regina Salvation Army..... 306-757-1552
 Kids Help Phone..... 1-800-668-6868



Contact Information

Call PACT: 306-777-8604

If your call is urgent and assistance is required immediately call 911.

If PACT is unavailable and this is a police matter that is not urgent, please call the Regina Police Service Communication Center at 306-777-6500 and they can redirect your call.

Online: reginapolice.ca/PACT



Regina Qu'Appelle
HEALTH REGION

A PARTNERSHIP BETWEEN
THE REGINA POLICE SERVICE &
THE REGINA QU'APPELLE HEALTH REGION

PACT

Police And Crisis Team

**MENTAL HEALTH
& WELLNESS**

What is a Crisis **SITUATION?**

The PACT team considers the following situations as forms of mental health crisis:

- Depression and/or thoughts of self-harm
- Severe anxiety/panic
- Mania/Acute Psychosis
- Post-Traumatic Stress
- Dementia/Delirium
- Other psychiatric conditions
- Severe addictions, increasing risk of harm to self or others

How We Can **HELP**

- A Regina Police Service officer is paired with a Regina Qu'Appelle Health Region Registered Social Worker to attend and diffuse crisis situations.
- They provide information and assist in accessing community services and resources.
- They explain how to obtain a mental health warrant (a process used in order to have a mentally ill person taken for a mental health assessment in cases where the person is unwilling to voluntarily attend).
- They explain how to obtain a Youth Detoxification Warrant (used for youth experiencing substance abuse issues).
- They can assist in understanding the mental health system.

Our **MANDATE**

Help to create a better outcome for individuals and families struggling with mental illness.

- Connect individuals and match them to services within the health region instead of the criminal justice system
- Strengthen relationships with community members and partners
- Prevent repeat calls for service by providing immediate support and connection to services
- Provide short term follow-up to individuals experiencing a crisis
- Enhancing education of front line officers on mental illness and related assessment skills
- Enhancing collaboration, consultation/coordination with community agencies

Our **SERVICES**

PACT will respond to situations requiring immediate attention. We provide consultation to patrol members and offer immediate support and connection to services. When necessary and appropriate, the team may assist and attend to an emergency room for people in crisis. The emphasis is on stabilizing the situation in the community whenever possible.



Positive **MENTAL HEALTH**

Positive mental health helps us enjoy life and cope with the normal stressors of life. It involves our emotional, social, physical and spiritual well-being. When our level of positive mental health is high we are thriving – developing our potential, building strong and positive relationships, and learning.

Connect

- with family, friends, neighbours, others;

Be Active

- exercise (walk, run, cycle, dance, etc.);

Rest & Relaxation

- get enough rest and take the time to relax;

Eat Well

- balanced amounts of nutritious food;

Take Notice

- of your surroundings and your inner self;

Keep Learning

- try something new or rediscover an old interest;

Give

- do something nice for someone, volunteer, provide and accept support.

If you or a family member are experiencing a mental health crisis that is immediate call 911.