



What is Safe Beds?

The CMHA-WECEB Safe Beds Program opened in February of 2020 with the purpose of diverting individuals experiencing homelessness and a mental health and/or addiction crisis from the justice system, incarceration, and unnecessary hospitalization by providing short-term accommodations and crisis support.



Contact Safe Beds



519-915-2048



SafeBeds-Residential
@cmha-wecb.on.ca

"Through kindness and understanding, the Safe Beds Program helped me on a better path forward in my life."

-Safe Beds alumnus



Safe Beds Program

 Canadian Mental Health Association
Windsor-Essex County
Community well-being is our sole focus.

 HÔTEL-DIEU GRACE
HEALTHCARE

Services include:

- Crisis stabilization
- Short-term housing support
- Mental health and addictions support
- Goal setting
- Advocacy, referrals and service navigation
- Life skills support

Life Skills Support includes:

- Understanding tenant rights & how to conduct housing search
- SMART goal setting
- Emotional regulation & developing healthy coping skills
- Budgeting & money management
- Cooking & nutrition
- Effective communication
- Healthy vs. unhealthy relationships & how to navigate them effectively
- Problem solving & decision making
- Self-care & sleep hygiene



Eligibility/Criteria

Individuals must meet the following criteria in order to be eligible for the program:

- 16 years of age or older
- Individuals in direct contact with police
- Currently experiencing homelessness
- Individuals experiencing a mental health and/or addiction crisis
- Individuals who are able to be safely supported in the community
- Not at risk of harming themselves or others (no severe medical conditions and/or suicidal ideation with a plan)

Referral Pathway

Referrals can be made by police and police-based mobile crisis teams.

Contact Safe Beds directly to speak to a Residential Support Worker to discuss the referral. Once approved, attend with the individual for a brief risk-assessment and to complete the referral form.

Meet the team!

1

Addiction Specialist

Provides individual and group addiction support, harm reduction education and assists with referrals to community addiction treatment and other recovery support services

2

Residential Support Worker

Supports individuals in developing the necessary skills to improve their quality of life and to assist in the stabilization of one's mental health and/or addiction crisis, while transitioning to more safe and stable housing

3

Peer Support Worker

Provides individual and group life skills support, recreational opportunities and assists with accessing community programming and supports.