

- Have a doctor see the person in crisis either at the doctor's office or in the community and ask the doctor to issue a Form 1

## THE JUSTICE OF THE PEACE

- See a Justice of the Peace and describe what behaviours the person is demonstrating that make you think they are at risk and in need of assessment - The JP may issue a Form 2 which requires the person to go to a hospital for examination

## THE POLICE

- If the person is acting out in a violent or threatening way -

### CALL THE POLICE

- The Police may apprehend the person under the Mental Health Act and take him/her to the nearest hospital for examination

Both the Form 1 and Form 2 are valid for 7 days. The forms and apprehension by a police officer allow for the person to be examined or assessed and **may not** result in hospitalization.

Proper communication with hospital staff is important! Speak directly with the doctor or crisis worker to ensure all details of the situation are understood.

# FAMILY SERVICES

TORONTO POLICE SERVICE



**EMERGENCY  
9-1-1**

POLICE NON-EMERGENCY  
416-808-2222

For more information regarding  
**Mental Health Issues**  
please contact the Community Relations  
Officer at your local Police Division.

VISIT OUR WEBSITE  
[www.torontopolice.on.ca](http://www.torontopolice.on.ca)

**Police & Community Working Together...**

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## MENTAL HEALTH ISSUES



**WHAT TO DO  
AFTER THE  
POLICE LEAVE**

**THE Toronto Police Service** recognizes that all mental health crises cannot be prevented. **However, the earlier the intervention, the less intrusive it is for the individual in crisis.**

**USE** this pamphlet as a guide to access community resources for early intervention.

## THE BASICS

- Remain calm
- Listen to the person in crisis - What they say may hold the information you need to resolve the crisis
- Listening assures the person that you are trying to help them
- Remember your safety - If you are the focus of the person's anxiety, let someone else take the lead
- Reduce distractions - Give the person space, turn off the TV or radio and limit the number of people assisting

## AVAILABLE RESOURCES

### PERSONAL RESOURCES

- Family Doctor
- Psychiatrist
- Friends, family or other support person

## MOBILE CRISIS RESPONSE (24 hr Crisis Support)

### Toronto and York area

Gerstein Crisis Centre (Beds also available)

**Referral Line: 416-929-9897**

**Crisis Line: 416-929-5200**

### Scarborough, Etobicoke, N. York, E. York

Integrated Mental Health Crisis Response Program **416-289-2434**

### City of Toronto

Aboriginal Crisis Intervention Unit

**416-531-7127**

## HOSPITALS WITH CRISIS TEAMS

Many hospitals have mental health crisis workers available in the Emergency Unit. Check with the hospital near you to find out which hospitals have this program.

## COMMUNITY RESOURCES

- Community Information Centre  
(24 hrs) **416-397-INFO (4636)**
- Consumer/Survivor Information  
**416-304-0458**
- Distress Centre  
(24 hrs) **416-408-HELP (4357)**
- Psychiatric Patient Advocate Office  
**416-327-7000**
- STREET Helpline  
**416-392-3777**

## THE MENTAL HEALTH ACT

**IT** is always better to have the cooperation of a person who needs help. Unfortunately, this is not always possible.

### IF THE PERSON:

- Has threatened or is attempting to cause bodily harm to him/herself
- Has behaved or is behaving violently towards others or is causing others to fear bodily harm from him/her
- Has shown or is showing a lack of competence to care for him/herself

### OR

- It is likely the person will cause serious bodily harm to him/herself or others
- It is likely the person's condition will result in serious physical impairment of him/herself

## THERE ARE SEVERAL OPTIONS...

### THE OPTIONS

### THE DOCTOR

- Ask a doctor who has seen the person in crisis within the last 7 days issue a Form 1 - This form requires the person to be assessed at a psychiatric hospital