



Hi there! We appreciate your interest in the Crisis Support Space (CSS).

Here's some information regarding the space, and how best to connect with us, or organise a time to drop in and check it out.

WHAT IS THE CRISIS SUPPORT SPACE?

CSS is a collaborative program between Metro South Addiction and Mental Health Service and Brook RED, run out of the PA Hospital. Brook RED is a lived experience mental health organisation: our staff utilise our first-hand lived experience of suicidal distress and/or mental illness to guide our practice. *We get it because we've been there.*



WHO IS THE SPACE FOR?

CSS is for individuals 18 years and over who do not require medical treatment but who may have otherwise presented to the Emergency Department when they are experiencing suicidal or psychological distress, and would likely be assessed at a lower acuity.

The service is for anyone in the PA Hospital catchment area, including people who are experiencing suicidal ideation or having thoughts of self-harm, people with or without a pre-existing mental health diagnosis, people who are feeling overwhelmed and unable to cope, experiencing trauma, grief or other economic, social, and personal crisis.

The service accepts referrals from the Emergency Department, Continuing Care Teams, Mental Health Inpatient Units, as well as direct community access after initial referral from any of the sources listed.

WHAT DOES SUPPORT LOOK LIKE IN THE SPACE?

Support in the Crisis Support Space is tailored to the individual. Supports may include:

- sensory tools and other tools/worksheets to use within the space or to take home to promote self-regulation
- providing a calming atmosphere, allowing a safer space to connect and explore distress
- formal or informal future-focused strategy building to maintain safety and wellbeing
- referrals to services as appropriate, to support the individual and their specific circumstances
- wellbeing planning
- offering hospitality - snacks, beverages, friendly conversation to ease into the space



OPENING HOURS

- Weekdays: 12:00pm - 9:00pm
- Weekends: 11:00am - 9:00pm

LOCATION

PA Hospital - The space is located downstairs from the main foyer, opposite the Russell Strong Auditorium.

CONTACT OR ARRANGE A DROP-IN

If you have any questions, including arranging a time to check out the space, or to clarify what the referral process may look like for you and/or your team, please contact the CSS clinical staff via email at css_pah@health.qld.gov.au