

Our Bridging Clinic

CAMH's **Bridging Clinic** was created to ease the overwhelming demand for care at the Gerald Sheff & Shanitha Kachan Emergency Department, currently located at 250 College Street. In 2020, the ED and the Bridging Clinic will move to their new home at the Queen Street site.

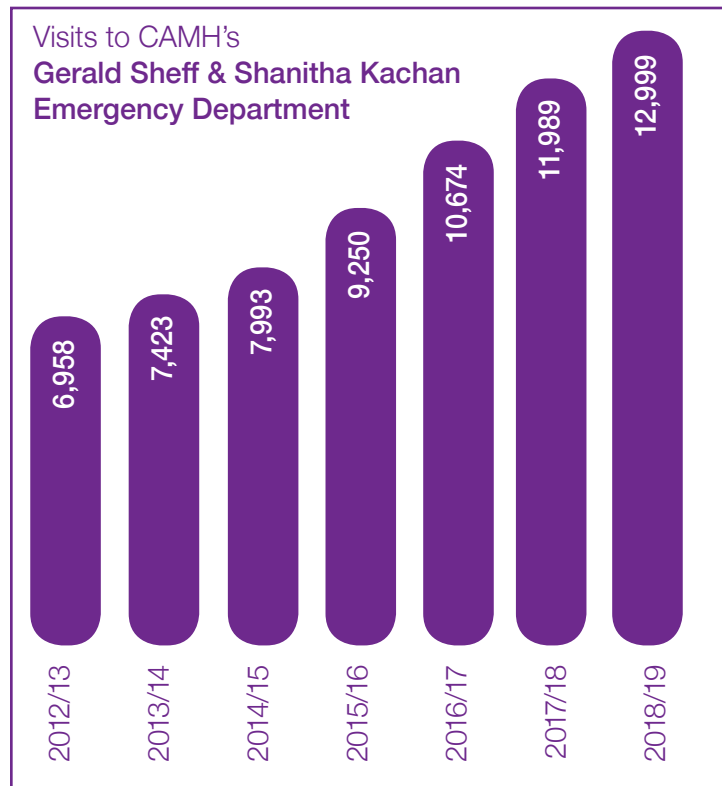
The Bridging Clinic was designed to help people with less urgent needs receive prompt treatment. It enables us to free up medical resources—and reduce wait times—for people experiencing serious mental health crises.

In most cases, Clinic staff can see patients within 60 minutes—dramatically less time than the typical emergency department wait time. Since October 2017, the clinic has received more than 6,300 visits.

Inpatients preparing for discharge from hospital can also visit the Bridging Clinic for follow-up care—without an appointment—anytime during operating hours. Plans are underway to expand the clinic's hours of operation into weekends as well. In Fall 2019, the clinic will be open Saturdays and Sundays 10 a.m. to 6 p.m. The Clinic will help meet an important need to reduce hospital readmissions.

"We're providing low-barrier, rapid access care for people experiencing an acute episode. This type of access ensures they're well supported—and don't fall through the cracks," says Anna Chyjek, Manager of Access CAMH and Ambulatory Services in the Acute Care Program.

The Clinic is also developing a resource room for patients and families. Patients can receive help finding a family doctor, identifying community services closer to their home, or accessing helpful publications or documents.



Charlie's Story

Charlie Cummings came to CAMH with a depression so severe that he experienced bouts of psychosis and was admitted to CAMH's Gerald Sheff & Shanitha Kachan Emergency Department. He says:

"The care I received at CAMH was excellent. It saved my life. I want to let people know that recovery is possible and to talk to their loved ones if they're not well.

Today, I have my life back but I would have asked for help sooner if this had been a physical illness. I wouldn't have feared people finding out or blamed myself.

It's thanks to people like you opening their doors, having conversations and supporting CAMH that more people know that it's OK to ask for help – and to get the treatments they need to recover."

We need your support to build CAMH's new Bridging Clinic, which will be located at the revitalized hospital campus in downtown Toronto. Your generosity will help ensure anyone experiencing a mental health crisis receives life-saving treatment—whenever they need it.

Centre for Addiction and Mental Health

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