

# What is BRIDGES?

The Children's Crisis Stabilization Unit is a safe environment where children and teens up to age 17 can stabilize during a mental health crisis. This short-term program helps to avoid a hospitalization and gets your child better and back home to you as soon as possible.

## Need Help Right Away?

If you or someone else is in the midst of a mental health or substance abuse crisis, you can always talk to someone right away by calling our 24-hour emergency service line at 757-925-2484.

**OUR BRIDGES CAMPUS IN WINDSOR, VIRGINIA PROVIDES YOUTH WITH A SOOTHING PLACE TO GET BETTER. IF YOU NEED SHORT-TERM CRISIS STABILIZATION FOR YOUR CHILD OR TEEN, CALL US AT 757-758-5106 OR SUBMIT AN ONLINE REQUEST FOR SAME-DAY ACCESS.**

Scan here for more information.



**SUICIDE AND CRISIS LIFELINE**  
**988**

**SUICIDE HOTLINE**  
**1-800-SUICIDE / 1-800-784-2433**

**REACH (REGIONAL EDUCATION  
ASSESSMENT CRISIS SERVICES  
HABILITATION)**  
**1-888-225-2989**

**MENTAL HEALTH SERVICES**  
**757-758-5106**



## **BRIDGES – Children's Crisis Stabilization Unit**

Western Tidewater  
Community Services Board  
Crisis Services

# What Happens at BRIDGES?

The program provides up to 15 days of crisis services to youth and their families, designed to treat:

- Mood disorders
- Mental health issues related to substance use
- Behavioral disorders

These treatment programs can help your child with:

- Anger management
- Self-esteem
- Social skills
- Coping strategies

On the BRIDGES campus, your child will have access to a whole team of professionals ready and eager to help.

The services and care provided through this program are designed to keep youth out of psychiatric hospitals and at home with their families.



# Is Your Child Hurting? Helping Is Easier Than You Think

Seeing your child in pain is one of the most difficult things a parent can experience. It's worse when you feel like there's nothing you can do – But we want you to know that if your child or teen is hurting, you can help.

Call us at 757-758-5106 or submit an online request for same-day access.