



Quality of life is the top priority.

## CRISIS RESIDENTIAL & RECOVERY CENTER

### TREATMENT & GOALS

CRRC staff encourage residents to take an active role in their treatments. Residents and program staff work together to develop short-term goals. Mental health staff teach self-care skills. They help residents develop strategies to confront symptoms that lead to crises.

### SERVICES

- Daily groups
- Workshops
- Coping skills
- Medication management
- Community outings
- Interactive discussions
- Help to meet goals

### HOW TO ACCESS

CRRC is a referral-based service. Referrals can come from a variety of providers, including healthcare, outpatient mental health, alcohol and drug programs, and others.

For questions or to self-refer, contact:

Shasta County Mental Health,  
Alcohol & Drug Outpatient Services:

**(530) 225-5200**

CRRC:  
**(530) 225-5972**

Scan QR code to  
view services.



2640 Breslauer Way, Redding

## CRISIS RESIDENTIAL & RECOVERY CENTER

The CRRC provides Shasta County residents support after a mental health crisis. This social rehabilitation center offers 15 beds and voluntary overnight stays. Residents work with staff to develop a plan to become mentally stable. Preventing future crises is the goal.

**(530) 225-5972**



Shasta County  
**Health & Human  
Services Agency**