

RECOMMENDED NEXT STEPS - ACTT

Assertive Community Treatment Team (ACTT) Overview

ABOUT ACTT:

ACTT supports people with mental health or addiction by teaching skills for better well-being and independence.

They focus on your future goals like education, employment, or volunteering to foster growth and independence.

ACTT visits you, listens to your needs, and guides you in handling challenges, helping you live as you wish.

Working with ACTT often means less time in hospitals, staying at home, better relationships, and gaining confidence for educational and career opportunities, leading to a happier and more promising future.

HERE'S HOW ACTT CAN HELP YOU:



Help is always available. If you are in a crisis, someone from your ACTT team can help you 24/7—day or night, weekends, and holidays.



The team can come to you. The team will come to where you are, rather than you coming to us.



Support for as long as you need it. As long as you qualify, your team will keep supporting you.



Your care plan changes when you do. Your team meets every day to talk. If something isn't working, they can quickly change your plan.



You'll know your team. Your team gets to know you, and you get to know them.



Including people who care about you. Your family and friends can be part of your care if you want. Your team helps them learn the best ways to support you and helps improve your relationships.