Assertive Community Treatment (ACT) Team

Information for patients and families

Read this information to learn:

• what Assertive Community Treatment is
• who it can help
• how it can help
• who to call if you have any questions

What is Assertive Community Treatment?

Assertive Community Treatment (ACT) provides help to people who have severe mental illness. The ACT team of professionals provides:

• intensive treatment
• support services
• rehabilitation

These services help people whose symptoms are severe and affect their everyday lives.
Who does ACT help?

ACT clients are people whose mental illness is severe and chronic. They need more intense treatment than provided by traditional out-patient programs. They may have:

- schizophrenia
- schizoaffective illness
- bipolar disorder
- or other psychotic illnesses

Who is on the ACT team?

The ACT team includes:

- occupational therapists
- social workers
- registered nurses
- mental health clinicians
- peer support workers
- a psychiatrist
- an administrative assistant

The ACT team works together to provide mental health services to their clients. This team is available 24 hours a day, 7 days a week and 365 days a year.
How does the ACT team help?

The ACT team provides **treatments** and services like:

- helping with medicine
- individual support/therapy
- immediate help when there is a crisis
- arranging admission to a hospital if necessary

They provide **rehabilitation** services like:

- teaching life skills (for example: keeping your home clean, banking, or grocery shopping)
- help with finding work and other activities
- help with educational goals (for example: finding schools, starting classes or courses)

They also provide **support services** like:

- support for family members
- helping clients with financial resources
- help with:
  - legal services
  - government programs
  - housing
  - transportation
  - or medical appointments
Who can I call if I have any questions?

Please call the IMPACT Program at the Toronto Western Hospital if you have any questions. Our contact information is:

IMPACT Program
Toronto Western Hospital
University Health Network
489 College Street, Suite 304
Toronto, ON
M6G 1A5

Phone: 416 603 5800, extension 8197
Fax: 416 925 0802

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