

# *My daughter threatened to hurt herself. It was frightening.*

Charlotte was terrified as her adult daughter Emily threatened to hurt herself and sobbed uncontrollably. She had never seen a breakdown like that. Charlotte took Emily to the 24 hour Mental Health Crisis Response Centre late at night where she was assessed and counselled. Now there is a treatment plan in place.

**That was the right care for Emily.  
Explore your options.**

*MyRightCare.ca*



Winnipeg Regional  
Health Authority  
*Caring for Health*

Office régional de la  
santé de Winnipeg  
*À l'écoute de notre santé*