


CRU is here for you

HOW IT WORKS:

After completing an assessment with a licensed mental health professional, clients are officially admitted into CRU. Most of our guests stay 7-10 days with a maximum of 14 days. We will provide bedding and meals. Toiletries and clothing can be provided upon request. Laundry facilities are available. Most of the day is spent attending group activities such as psychoeducation, skills training, and recreation. You will also be given time to work on individual goals and case management needs.



about us

The Crisis Residential Unit (CRU) is a voluntary facility where adults who are confronted with mental health crises can find support in a safe and comforting environment. With hot food, a warm bed, and caring staff, we provide a safe haven from the stresses of daily life while providing psychological services to rejuvenate you in mind, body, and spirit.

If you find yourself struggling, you are not alone. Let us help, and together, we can build hope for a new beginning.

SERVICES PROVIDED

- Group skills training
- Individual treatment plans
- Home cooked meals
- Help finding housing
- Help finding a new job
- Medication management
- Case management
- Recreational activities



Denton County
MHMR Center

CRISIS RESIDENTIAL UNIT

our values

**INDIVIDUAL WORTH.
COMPASSION. INTEGRITY.
DIGNITY. COMMUNITY.
INCLUSION. CHOICE.
OPPORTUNITY.**

SOME HOUSE RULES

- Guests must attend all groups
- No weapons or drugs permitted
- No cell phones, computers, or other electronic devices allowed
- Personal medication will be kept and dispensed by staff
- Any items deemed unsafe by staff will be confiscated and kept until guest leaves
- Guests may schedule times to use our phones and computers
- Guests will be given at least one chore daily
- Guests will clean their own laundry
- Guests must be respectful of staff and other guests



SKILLS TRAINING GROUP TOPICS

Anxiety
Boundary Setting
Stress Management
Problem Solving
Self-Care
Anger Management
Depression
Co-Occurring Substance Use
Conflict Resolution
Family Dynamics

& many more...

HELP IS HERE.

**MHMR CRISIS HOTLINE:
1-800-762-0157**

**NATIONAL SUICIDE LINE:
988**

**Ask about CRU at
940-381-5000**

W: www.dentonmhmr.org

it's okay to not be okay

