

MENTAL HEALTH SERVICES and RESOURCES IN MANITOBA

Online Self-Assessment Tool for Covid19: <https://sharedhealthmb.ca/covid19/>

CHILDREN and YOUTH SERVICES & RESOURCES

- Teen Talk Resources: <http://teentalk.ca/resources/#websites>
- MKO Mobile Crisis Response Team: 1(844)927-5433 or email crisisresponse@mkonorth.com
- Kids Help Phone (*national line available to Manitoba Youth*): 1-800-668-6868
 - Crisis Text Line: 686868 text talk to connect with a crisis responder
- Crisis Response Centre: <https://sharedhealthmb.ca/services/mental-health/crisis-response-centre>
- Addictions Foundation of Manitoba · 204-944-6367
- Centralized Intake for Child and Adolescent Mental Health Program · 204-958-9660
- Kids Help Phone National Line available across Canada for youth, 24 hours, confidential and anonymous · 1-800-668-6868
- Klinik Crisis Line · 204-786-8686 or 1-888-322-3019
- Ma Mawi Wi Chi Itata Centre: Winnipeg · 204-925-0300
- Manitoba Adolescent Treatment Centre · 204-958-9660
- Mood Disorders Association of Manitoba · 204-786-0987 or 1-800-263-1460
- New Directions for Children, Youth, Adults, and Families 204-786-7051
- Ndinawe Youth Resource Centre · 204-589-5545
- RaY—Resource Assistance for Youth · 204-783-5617 or info@rayinc.ca
- Youth Resource Centre / Shelter · 204-477-1804 or toll free: 1-888-477-1804
- Youth Crisis Stabilization System · 204-949-4777 or 1-888-383-2776 The Youth Stabilization Unit is a 24 hour community-based crisis intervention service for youth and their families. Some of the issues the Unit responds to includes: parent/child conflict, difficulty with coping, thoughts of suicide, mental health a CHILD, ADOLESCENT, AND YOUTH MENTAL HEALTH concerns, behavioural problems, brief therapy, and homebased crisis intervention/youth education service.
- Fort Garry Women’s Resource Centre – Children’s counselling ages 2 – 12 · 1150 – A Waverley Street · 204-477-1123
- Klinik Community Health Centre, Teen Klinik – Mondays from 4 pm to 8 pm for youth 13 – 20, 870 Portage Avenue
- The Laurel Centre - Youth Counselling Program: provides individual and group counselling to young women aged 16 – 24 years · 204-783-5460 · www.thelaurelcentre.com
- Youville Community Health Centre – Teen Clinic, Tuesdays from 4 pm to 7 pm 6 – 845 Dakota Street · 204-255-4840
- Anxiety Disorders Association of Manitoba – Youth Referral Services, 100 – 4 Fort Street · 204-925-0600 · www.adam.mb.ca
- Manitoba Schizophrenia Society – H.O.P .E.S. – Hope and Opportunity through Peers, Empowerment and Support, for youth between 15 – 30 years of age living with psychosis, schizophrenia, or schizo-affective disorder, 1st Thursday of every month from 4 pm – 5 pm, 4 Fort Street · 204-786-1616
- Inspire Community Outreach Inc. – Exceptional Programs for Exceptional Youth. Free Positive Mental Health Skill Building and Programming · 204-996-1547 · www.inspirecommunityoutreach.ca
- YOUTH ADDICTIONS CENTRALIZED INTAKE SERVICE 1-877-710-3999 (province wide)

MENTAL HEALTH CRISIS AND NON-CRISIS REGIONAL CONTACTS

Klinic Crisis Line: 204-786-8686 or 1-888-322-3019 or TTY 204-784-4097

Manitoba Suicide Line "Reason to Live": 1(877)435-7170 (1-877-HELP170)

Kids Help Phone: 1-800-668-6868

Crisis Text Line: 686868 text talk to connect with a crisis responder

Klinic Sexual Assault Crisis Line: 204-786-8631 or 1-888-292-7565 or TTY 204-784-4097

Mobile Crisis Response Service: 204-940-1781

Community Intake: 204-788-8330

MANITOBA FARM, RURAL & NORTHERN SUPPORT SERVICES

supportline.ca - online counselling: 1-866-367-3276 (hours Mon-Fri 10 am to 9 pm)

FIRST NATIONS AND INUIT HOPE FOR WELLNESS HELP LINE

1-855-242-3310 (*Counselling available in English and French - upon request, in Cree, Ojibway, and Inuktitut*)

Access counselling services, please contact Health Benefits' toll free number 1-877-477-0775, Monday to Friday 8am to 4pm.

ADDICTION SERVICES

- MANITOBA ADDICTIONS HELPLINE Call 1-855-662-6605 (toll-free), or visit www.MBAddictionHelp.ca or
 - In-person (Monday to Friday, 8:30 am - 4:30 pm) at River Point Centre· 146 Magnus Avenue
- ADDICTIONS FOUNDATION OF MANITOBA Residential and Community Treatment – Adults and Youth Prevention and Education programs, Gambling Programs – province wide
 - (204)-944-6200 · 1031 Portage Avenue www.afm.mb.ca
- ADDICTIONS RECOVERY INC. Supportive housing for men recovering from addiction ·
 - (204)586-2550
- AL-ANON/ALATEEN CENTRAL SERVICES MANITOBA Self-help group for individuals who are concerned about a family member or a friend's drinking. ·107–2621 Portage Avenue
 - (204)943-6051
- ALCOHOLICS ANONYMOUS MANITOBA Members share their experience, strength and hope in recovering from alcoholism · 1856 Portage Avenue
 - (204)942-0126 or Toll free 1(877)942-0126
- BEHAVIOURAL HEALTH FOUNDATION Residential Treatment · 35 avenue de la Digue, St. Norbert
 - (204)269-3430
- COCAINE ANONYMOUS · 204-250-2626
- ESTHER HOUSE Second stage housing for women recovering from addiction · 204-582-4043

- FAMILIES ANONYMOUS A support group for adults who are concerned about someone close to them who is using or abusing alcohol or drugs · **204-237-0336**
- GAMBLERS ANONYMOUS **(204)582-4823**
- THE LAUREL CENTRE Counselling for women who have been sexually abused as children and have an addiction·104Roslyn Road
 - **(204)783-5460**
- MAIN STREET PROJECT INC. Detoxification centre (non-medical) Emergency shelter · **(204)982-8245** · 75 Martha Street
- NARCOTICS ANONYMOUS **(204)981-1730**
- NATIVE ADDICTIONS COUNCIL OF MANITOBA - PRITCHARD HOUSE Residential Treatment – culturally based programming **(204)586-8395** · 160 Salter Street
- NORTH END WOMEN’S CENTRE – ADDICTIONS RECOVERY PROGRAM Operates transitional housing through the Addictions Continuing Recovery program at Chris Tetlock Place and Betty Berg House. The housing is for women learning to live in recovery for up to one year. Intake for program and both houses is through Addictions manager at **(204)927-2426** · 394 Selkirk Avenue
- OVEREATERS ANONYMOUS www.aa.org
- SALVATION ARMY ANCHORAGE PROGRAM Residential Treatment – adults **(204)946-9401** · 180 Henry Avenue
- ST. RAPHAEL WELLNESS CENTRE (SRWC) SRWC is a not-for-profit community-based organization which offers pre- and posttreatment non-residential education and counselling programs for individuals and families affected by addiction. 2nd Floor – **(204)956-6650** · 225 Vaughan Street · ceic@straphaelcentre.ca
- TAMARACK RECOVERY CENTRE Second stage addictions residential treatment – adults **(204)772-9836** · 60 Balmoral Street
 - Intake **(204)775-3546**