

Winnipeg and Manitoba Resources for Mental Health Needs- Current Feb 2016

School Resources:

- Guidance counselor
- Social worker
- Teachers
- School Psychologist
- Peer support

Local Community Resources:

Crisis/distress lines

- Crisis Line Public Health Department: 204-786-8686
- Manitoba Suicide Line: 1-877-435-7170 or 204-784-4097 www.reasonstolive.ca
- Klinik Crisis Line: 204-786-8686
- Sexual Assault Crisis Line: 204-786-8631
- Manitoba Farm, Rural Northern Support Services: 1-866-367-3276
- Online Emotional Support: www.supportline.ca
- Critical Incident Reporting and Support Line: 204-788-8222
- Gambling Helpline: 1-800-463-1554

Youth centres

- Manitoba Youth Centre: 170 Doncaster St.
- Youth for Christ: 333 Kind St.
- Macdonald Youth Services: 175 Mayfair Ave.

Drop-ins

- Ndinawe Youth Resource Centre: 472 Selkirk Ave.
- Inner City Youth Alive: 418 Aberdeen Ave.

Community health centres

- Klinik Community Health Centre: 870 Portage Ave. 204-784-4090
- Nor' West Community Health Centre: 61 Tyndall Ave. 204-940-2020
- Nine Circles Community Health Centre: 705 Broadway 204-940-6000
- Winnipeg Family Doctor Finder Phone: 204-786-7111
- Women's Health Teen Clinic Night Thursday 3:00-8:00

Peer support groups

- Rainbow Resource Centre: 170 Scott St. 204-474-0212
- Mood Disorders Association of Manitoba: 204-786-0987

Mental Health Information (National):

- Canadian Mental Health Association www.cmha.ca
- Centre for Addiction and Mental Health www.camh.net
- Mood Disorders Society of Canada www.mooddisorderscanada.ca
- Schizophrenia Society of Canada www.schizophrenia.ca
- Anxiety Disorders Association of Canada www.anxietycanada.ca
- Teen Mental Health www.teenmentalhealth.org

Kids Help Phone www.kidshelpphone.ca : 1-800-668-6868