

MENTAL HEALTH RESOURCES

Crisis Resources

Winnipeg Regional Health Authority, www.wrha.ca

- Klinic 24-hour crisis line 204-786-8686 or 1-866-322-3019, TTY 204-784-4097
- Kids Help Phone 1-800-668-6868
- Manitoba Suicide Crisis Line (24 hour) 1-877-435-7170
- Winnipeg Adult Mobile Crisis Service (24 hour) 204-940-1781
- Winnipeg Youth Mobile Crisis Service (24 hour) 204-949-4777
- Health Sciences Service Crisis Response Service – attend in person at 817 Bannatyne
- Crisis Stabilization Unit 204-940-3633
- Manitoba Farm and Rural Support Services: www.supportline.ca (online counselling), or phone 1-866-367-3276 (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, and Cree, Ojibway and Inuktitut on request
- Non-crisis – Seneca Mental Health Warm Line (7-11 pm daily) 204-942-9276

Interlake-Eastern Regional Health Authority, www.ierha.ca

- 24 hour Crisis Line 204-482-5419 or 1-866-427-8628
- Mobile Crisis Service 204-482-5376 or 1-877-499-8770. Adults 2:00 pm to 2:00 am, youth 17 and under 1:30 pm to 9:00 pm.
- Crisis Stabilization Unit 204-482-5361 or 1-888-428-5361
- Community Mental Health Intake 204-785-7752 or 1-866-757-6205

Southern Health Region, www.southernhealth.ca

- East of Red River - Crisis Response Service/Warm Call Line (24/7) 1-866-617-7715
- West of Red River – Crisis Response Line (24/7) 1-866-588-1697
- Crisis Stabilization Unit, 450 Main St., Steinbach, 1-855-320-1096
- Non-crisis Adult, Youth under 17 and Seniors Mental Health Intake 1-866-310-4593
- Karen Devine Safe House 204-239-5332

Anxiety Disorders Association of Manitoba, www.adam.mb.ca

100-4 Fort St., Winnipeg, phone 204-925-0600 or 1-800-805-8885

- Education and public awareness
- Referral services
- Cognitive Behavioural Groups and Support Groups
- Online video and audio resources
- Programs for adults and children
- Written resources

Regional offices in Altona, Winnipeg Beach, and Lac du Bonnet

Also Anxiety Disorders Association of Ontario, www.anxietydisordersontario.ca

Artbeat Studio, www.artbeatstudio.ca

4th floor, 62 Albert St., Winnipeg, phone 204-943-5194

- 3500 square foot studio provides work space for up to nine artists who live with mental illness
- Provides mentorship and workshops to develop technical skills.
- Provides resources and peer support to promote mental health healing and empowerment through artistic creative endeavour. Participants develop skills that help them find meaningful work, a better quality of life, and a stronger sense of community.

- Residency period is six months. Alumni of the program have access to alternative studio space and programming in partnership with Winnipeg Housing.

Aulneau Renewal Centre, www.aulneau.com

228 Hamel Ave, Winnipeg, phone 204-987-7090

- Child and family counselling, adult and couple counselling, attachment services
- Accessing resources from other parts of the social services network
- Collaboration with other community based organizations
- Specialized CFS Therapeutic Counselling and training programs. Attachment based and trauma informed.

Aurora Family Therapy Centre, www.aurorafamilytherapy.com

5th floor, 491 Portage Ave. Winnipeg. Phone 204-786-9251

- Individual, couple and family therapy
- Newcomer Community Development program
- Grief programs – Homicide Bereavement Program (free to participants) and Unresolved Loss Program
- Fees are on a sliding scale pegged to annual income tax paid

Canadian Mental Health Association

- Education and referrals
- Youth mental health promotion
- Rights consultations
- Building Futures (youth aged 16-25 who are or have been in care of CFS – aging out)

Offices:

- 930 Portage Ave, Winnipeg, www.winnipeg.cmha.ca, phone 204-982-6100
- 435 Main St., Selkirk
- 236 Saskatchewan Ave. East, Portage la Prairie, www.mb-central.cmha.ca, phone 204-239-6590

CMHA Ontario, www.ontario.cmha.ca

Branch offices:

- 227 Second St. South, 2nd floor, Kenora
- 612 Portage Ave. East, Fort Frances

Klinic Community Health, www.klinic.mb.ca

870 Portage Ave., Winnipeg, phone 204-784-4090

- Resource pamphlets and booklets, videos
- App: “Calm in the Storm”
- Crisis support, in-person counselling, wellness and support groups
- Education and training in mental health awareness, suicide prevention, self care and stress management, self injury, crisis counselling skills, becoming trauma-informed, trauma informed care and vicarious trauma
- Teen Talk – youth mental health, substance use awareness, harm reduction and prevention, sexuality, body image, issues of violence
- Drop in counselling available at either 545 Broadway or 845 Regent Ave. West in Winnipeg

Manitoba Adolescent Treatment Centre, www.matc.ca

120 Tecumseh St., Winnipeg, phone 204-477-6391

Centralized Intake Service 204-958-9660

- Continuum of inpatient and community based mental health services for children and adolescents
- Centralized child and adolescent mental health intake for WRHA, 204-958-9660
- Youth Addictions Centralized Intake for youth in Manitoba

Manitoba Schizophrenia Society, www.mss.mb.ca

100-4 Fort St., Winnipeg, phone 204-786-1616

- Programs for adults, children, families and friends
- Public education, workshops, advocacy, drama presentations
- Speakers, literature, video resources

Regional offices:

- 21 Loewen Blvd, Steinbach, phone 204-371-0824
- Box 10, Selkirk, MB, R1A 2B1, phone 204-485-1253

Also Schizophrenia Society of Ontario, www.schizophrenia.on.ca

- “Ask the Expert”, 1-855-449-9949

Mood Disorders Association of Manitoba, www.mooddisordersmanitoba.ca

100-4 Fort St., Winnipeg, phone 204-786-0987 or 1-800-263-1460

- Peer support
- Postpartum support and Warm Line 204-391-5983
- Public education and advocacy, workshops and presentations
- SAD Light rental or purchase

Regional Offices:

- Dugald, MB, phone 204-444-5228
- Teulon, MB, phone 204-330-7821

Also Mood Disorders Association of Ontario, www.mooddisorders.ca

- Toll free phone line 1-866-363-6663
- 137A Main St, Kenora

Obsessive-Compulsive Disorders Centre of Manitoba, www.adam.mb.ca/ocd

100-4 Fort St., Winnipeg, phone 204-942-3331

Training/Educational Opportunities

Most of the organizations listed above provide public education and public/professional training in their areas of expertise. Other opportunities include:

- Mental Health Education and Resource Centre, www.mherc.mb.ca, 100-4 Fort St., Winnipeg, phone 204-942, 6568 or 1-855-942-6568
- Mental Health First Aid – 2 day workshop teaches participants to recognize when someone is having a mental health crisis and how to get them further help
- suicideTALK – deals with the question “Should we talk about suicide?” to educate and address stigma around suicide
- safeTALK – ½ day training in basic suicide alertness for ages 15+
- Applied Suicide Intervention Skills Training (ASIST) – suicide first aid – 2 day training for ages 16+

The last three programs are offered by Living Works, www.livingworks.net.