

WHO DO I CALL?

Mental Health

Whether you are in crisis or just needing some additional support, the confidential resources below are available to assist you in enhancing your mental health and wellness.

General

AIDS/STI Info Line (Nine Circles Community Health)	204 945 2437
Anxiety Disorders Association of MB	204-925-0600 1-800-805-8885
Black Youth Helpline	1-833-BYH-8650
Canadian Mental Health Association (CMHA) Winnipeg Phone Line	204-982-6100
Centralized Intake for Child/Adolescent Mental Health Program (MATC).....	204-958-9660
Family Doctor Finder	204-786-7111 1-866-690-8260
First Nations & Inuit Hope for Wellness Helpline (24/7).....	1-855-242-3310
Health Links.....	204-788-8200
Kids Help Phone (24/7/365)	1-800-668-6868 Text 'CONNECT' to 686868
Learning Disabilities Association of Manitoba	204-774-1821
MB Adolescent Treatment Center (MATC)	204-958-9660
MB Schizophrenia Society.....	204-786-1616

MYS- Family Navigator Program.....	204-452-0551 <i>(supporting families of youth, ages 13-24, to navigate the mental health/addictions system in MB)</i>	
Mental Health Advocate (CMHA).....	204-982-6100	
Mental Health Education Resource Centre (MHERC) 204-942-6568	1-855-942-6568	
Mood Disorders Association of Manitoba (MDAM)	204-786-0987	
MDAM Postpartum Warm Line	204-391-5983	
Obsessive-Compulsive Disorder Centre of MB	204-942-3331	
Protections for Persons in Care	204-788-6366 <i>(to report abuse/neglect of people in designated care facilities)</i>	1-866-440-6366
Seneca Helpline.....	204-942-9276 <i>(Sara Riel - 7pm-11pm only)</i>	204-231-0217
Seniors Abuse Line	204-945-1884 1-888-896-7183	
Teen Talk (non-crisis)	204-784-4010	
Voices: Manitoba's Youth in Care Network	204-982-4956 1-866-982-4956	

Addictions

Addictions Recovery Inc.....	204-586-2550 <i>(cell) 204-299-9553</i> <i>(Supportive housing for men recovering from addiction)</i>
Al-Anon/ Alateen.....	204-943-6051
Alcoholics Anonymous MB Central Office ..	204-942-0126
Cocaine Anonymous	204-250-2626
Gamblers Anonymous.....	204-582-4823
JibStop.....	204-904-7867
Manitoba Addictions Helpline (AFM - 24/7) ..	1-855-662-6605
Narcotics Anonymous	204-981-1730
Problem Gambling Helpline	1-800-463-1554
Youth Addictions Centralized Intake Service (MATC)	1-877-710-3999

211 Manitoba **211**
free, confidential 24/7 (non-crisis) community/social resource info line.
TTY 1-855-405-7446

If you are in immediate danger, please call 9-1-1.
Police Non-Emergency 204-986-6222 | TTY: 204-942-7920

 @WpgSafety

winnipegsafety.ca



*Disclaimer: These resources are provided for information purposes only.
The WCFS does not necessarily endorse the resources listed.*

Domestic/Intimate Partner Violence

Bravestone Centre Inc **204-275-2600**
(women and children only)

Ikwe-Widdjitwin Crisis Line (24/7) **1-800-362-3344**
(women and children only)

Indigenous Women's Healing Centre
(women and children only) **204-989-8240**

Men's Resource Centre **204-415-6797** ext. 250

Provincial Domestic Abuse Line (24/7)
..... **1-877-977-0777**

Willow Place Crisis Line (24 hrs) **204-615-0311**
(women and children only) **(Text) 204-792-5302**

Eating Disorders/Disordered Eating

Child & Adolescent Eating Disorder Program (HSC)
..... **204-958-9660**

Eating Disorders Program
(Women's Health Clinic) **204-947-2422** ext. 137

National Eating Disorder Information Center
..... **1-866-NEDIC-20**

Overeaters Anonymous **www.oa.org**

Family & Friends Support Groups

AL-ANON/ALATEEN **204-943-6051**
(Free, drop-in, for family members and friends of alcoholics)

CMHA - Mental Health Education for Families Group
204-982-6100
(Drop-in, 8 week course for family and friends of person living with mental illness)

Families Anonymous Support Group
..... **204-237-0336**
(For adults who are concerned about someone close to them who is using or abusing alcohol or drugs)

Manitoba Schizophrenia Society Support Groups
..... **204-786-1616**

Eight Stages of Healing Group
(Free, drop-in, 10-week program for family and friends of people living with mental illness)

Family Support Group *(Free, Drop-in, Peer-led)*

'Name That Feeling' Group (Children) *(Free, Drop-in)*

Strengthening Families Together Group
(Free, Drop-in, for families/friends of people living with psychosis)

MDAM - Family and Friends Group **204-786-0987**
(Free, Drop-in)

S.P.E.A.K. Suicide Prevention Education Awareness
Knowledge **204-784-4064**
(Free, drop-in, monthly peer support group for adults bereaved by suicide)

Grief/Bereavement

Province-Wide Bereavement Support Line
..... **204-889-8525**
1-800-539-0295

S.P.E.A.K. Suicide Prevention Education Awareness
Knowledge **204-784-4064**
(Free, drop-in, monthly peer support group for adults bereaved by suicide)

Hospitals/Emergency Departments

Concordia Hospital **204-661-7194**

Grace Hospital **204-837-0157**

Health Sciences Centre (Adults) **204-787-3167**
(Children) **204-787-4244**

St. Boniface Hospital **204-237-2260**

Seven Oaks Hospital **204-632-3232**

Victoria General Hospital (Urgent Care)
..... **204-477-3148**

CRISIS SERVICES

Crisis Response Centre (24/7) (adults only)
..... **204-940-1781**

Human Trafficking Hotline (24/7) **1-844-333-2211**

Klinik Crisis Line (24/7) **204-786-8686**
1-888-322-3019

Klinik Sexual Assault Crisis Line (24/7) ... **204-786-8631**
1-888-292-7565

Main Street Project (24 hrs) **204-982-8245**

Manitoba Suicide Prevention Crisis Line (24/7)
..... **1-877-435-7170**

WRHA Mobile Crisis Service (24hrs) **204-940-1781**
TTY 204-779-8902

WRHA Crisis Stabilization Unit **204-940-3633**
TTY 204-957-7101

Youth Mobile Crisis Service/Crisis Stabilization
(24hrs) **204-949-4777**
1-888-383-2776

*AFM - Addictions Foundation of Manitoba

*CMHA - Canadian Mental Health Association

*MATC - Manitoba Adolescent Treatment Centre

*MDAM - Mood Disorders Association of Manitoba

*MYS - MacDonald Youth Services

*WRHA - Winnipeg Regional Health Authority