

WHO DO I CALL?

Youth

No matter what you're going through, these free, confidential and non-judgmental services are available to support you and your wellbeing.

Mental Health/Addiction Supports

- Black Youth Helpline **1-833-BYH-8650**
- Child & Adolescent Eating Disorder Program (HSC) ... **204-958-9660**
- First Nations & Inuit Hope for Wellness Helpline..... **1-855-242-3310**
- Kids Help Phone (24/7) **1-800-668-6868**
Or TEXT 'CONNECT' to **686868**
- MATC - Centralized Intake Youth Addictions Service.. **1-877-710-3999**
- MB Addictions Helpline **1-855-662-6605**
- MB Adolescent Treatment Center (MATC) **204-958-9660**
- National Eating Disorder Information Center .. **1-866-NEDIC-20**
- Manitoba Suicide Crisis Line..... **1-877-435-7170**
- Teen Talk (non-crisis)..... **204-784-4010**
- Voices: Manitoba's Youth in Care Network **204-982-4956**
1-866-982-4956
- Youth Mobile Crisis Service/Crisis Stabilization
204-949-4777 or **1-888-383-2776**

Safe Spaces/Shelters

- Emergency Shelter/ Youth Resource Centre **1-888-477-1804**
159 Mayfair Ave
- Macdonald Youth Services (MYS) (age 12-17) **204-477-1804**
- Ndinawe/Tina's Safe Haven (age 24 & under) **204-417-7233**
472 Selkirk Ave

| | |
|--|---|
| Resource Assistance for Youth (age 29 & under) | 204-783-5617 125 Sherbrook St |
| Rossbrook House (age 6-24)..... | 204-949-4090 Mon-Fri • 3:30pm-12am, 24 hrs weekends/holidays 658 Ross Ave |
| West End 24 (WE24) (age 13-26)..... | 204-333-9681 11pm-7am, Everyday, Dec-March 430 Langside St Fri/Sat & all school holidays the rest of the year) |

Sexuality/Sexual Health

| | |
|---|------------------------------|
| Nine Circles Community Health Centre..... | 204-940-6000 |
| Sexuality Education Resource Centre (SERC)..... | 204-982-7800 |
| Rainbow Resource Centre (LGBT2SQ+) ... | 204-474-0212 ext. 201 |
| Women's Health Clinic | 204-947-1517 |

Victims' Supports

| | |
|---|---|
| MB Advocate for Children & Youth | 204-988-7440 1-800-263-7146 |
| Child and Family Services Manitoba..... | 204-945-6964 |
| Child Protection Centre | 204-787-2811 |
| Child Victim Supports Services | 204-945-0662 |
| Klinik - Sexual Assault Crisis Counselling..... | 204-786-8631 |
| Sexual Assault Nurse Examiner (SANE) Program | |
| HSC..... | 204-787-2071 |
| TERF | 204-786-7051 ext. 5311 (for sexually exploited youth) |
| Winnipeg Crime Stoppers | 204-986-8477 (TIPS) |

211 Manitoba211

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.*