

Online, Phone, and In-Person Psychological Services in Manitoba

Instructions:

Please use this resource to locate:

- Crisis, distress, and support lines
- Counselling and peer support resources (free and sliding scale)
- Free mindfulness meditation apps

If you or someone you know is in immediate danger, call 9-1-1.

Canada Wide Crisis Resources

Kids Help Phone	Call: 1-800-668-6868 Text: CONNECT to 686868 kidshelpphone.ca <i>For those under 18 years old.</i>
First Nations & Inuit Hope for Wellness Help Line	Toll free: 1-855-242-3310 <i>Services available in English & French, and upon request in Cree, Ojibway and Inuktitut</i>
Wellness Together Canada	https://www.wellnesstogether.ca/en-CA <i>Canada wide mental health and substance use support.</i>
Talk Suicide Canada	talksuicide.ca Call 1-833-456-4566 Text 45645 (4pm-midnight ET)

Manitoba Crisis Lines & Services

Klinic Crisis Line (24/7)	Phone: (204) 786-8686 Toll free: 1-888-322-3019
Manitoba Suicide Prevention & Support Line (24/7)	Toll free: 1-877-435-7170 www.reasontolive.ca
Mobile Crisis Service	Winnipeg Mobile Crisis Service: Phone: 204-940-1781 WRHA Mobile Crisis Service TTY Deaf Access: Phone: 204-779-8902 <i>The Mobile Crisis Service assists individuals experiencing a mental health or psychosocial crisis, including persons with a co-occurring mental health/substance use disorder.</i>

Manitoba Counselling and Peer Support

If you are unable to locate an appropriate resource, you can also search the *211 Manitoba Database* at <https://mb.211.ca/> or dial 211 on your phone.

Aurora Family Therapy Centre (sliding scale)	Phone: 204-786-9251 aurora.uwinnipeg.ca <i>Individual, family, & couples' therapy in Winnipeg. 6-8-week waitlist. September-June = walk-ins every 2nd Friday. Sliding scale.</i>
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Family Dynamics	Phone: 204-947-1401 <i>Behaviour support, counselling, family support for refugees, & in-home family support.</i>
Huddle (Youth Huddle)	Website: https://huddlemanitoba.ca <i>Manitoba-wide youth support centre offering peer support groups and mental health services. Winnipeg, Brandon, and Selkirk locations.</i>
Klinik Community Health Centre (free)	Website: http://klinik.mb.ca/ <i>This centre offers their drop-in counselling over the phone or in-person. To schedule a counselling session, make sure you have your Manitoba Health card and call 204-784-4090. Counsellors can help you cope with life changes and your mental health. Klinik also offers counselling for those who have been impacted by domestic abuse and sexual assault. The intake phone number is: 204-784-4059.</i>
Ma Maw iwi Chi Itata Centre	McGregor location: 204-925-0330 or 204-925-6816 Spence location: 204-925-0352 or 204-925-0348
Manitoba Farm, Rural & Northern Support Services(free)	Monday to Friday: 10am – 9pm Phone: 204-571-4180 Toll free: 1-866-367-3276 www.supportline.ca
Rainbow Resource Centre	Phone: 204-474-0212 Website: https://rainbowresourcecentre.org <i>Support for LGBT2SQ+ individuals, their families, friends, and employers. Access to counselling, education, and programming for individuals ranging from children through to 55+.</i>
U of M Psychological Service Centre (free)	Phone: 204-474-9222 <i>New client intake in August for therapy in September. Counsellors are Masters & Ph.D. students of psychology, supervised by psychologists. No charge.</i>
Manitoba Adolescent Treatment Centre	Website: https://matc.ca/ <i>MATC provides a range of mental health services to children and adolescents who experience psychiatric and/or emotional disorders. A full continuum of programs and services, both community and hospital based, are available to children, adolescents and their families. Services range from brief interventions to intensive long-term treatment. Treatment is provided from a variety of perspectives and is delivered in partnership with parents and collateral agencies.</i> <i>To make a referral to MATC contact the WRHA, Child & Adolescent Mental Health Centralized Intake Service – at 204-958-9660</i>
Rural & Northern Telehealth Service (RNTS)	<i>The Rural and Northern Telehealth Service provides mental health services to First Nations children and youth up to 18 years who are experiencing emotional difficulties.</i> <i>Services are provided largely via telehealth to First Nations communities in Manitoba.</i>

	Phone: 204-958-6267 Toll free: 1-855-413-7855 Fax: 204-958-6260
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Community Resources

Jordan's Principle	Phone: 1-855-572-4453 Website: http://www.canada.ca/jordans-principle <i>Jordan's Principle makes sure all First Nations children living in Canada can access the products, services, and supports they need, when they need them.</i>
Garden Hill Nursing Station	Phone: 204-456-2343 <i>Mental health worker rotations, mental health programming, and counsellors.</i>
Garden Hill 24 Hour Mental Health Crisis Lines	Phone: 204-456-2229; 204-456-2261; 204-456-2278 Website: https://www.ghfnhealth.com/mental-health-program
Garden Hill Mental Health Main Line	Phone: 204-450-3551
St. Theresa Point Nursing Station	Phone: 204-462-2473
St. Theresa Point National Aboriginal Youth Suicide Prevention Worker (Clarence Flett)	Phone: 204-450-0179
Nelson House Nursing Station	Phone: 204-484-2031
Nelson House Counselling Service Department	Daytime Phone: 204-484-2341 After Hours On-Call: 431-354-1270 Website: https://www.ncnwellness.ca/encouraging-maintaining-strong-mental-health/

Mindfulness Meditation Apps

Calm	https://app.www.calm.com/meditate
Calm in the Storm	http://calminthestormapp.com/about
Headspace	https://www.headspace.com/headspace-meditation-app
Insight Timer	https://insighttimer.com
Mylife	https://apps.apple.com/us/app/mylife-meditation-mindfulness/id778848692
Smiling Mind	https://www.smilingmind.com.au/
Stop, Breathe, Think	https://au.reachout.com/tools-and-apps/stop-breathe-and-think
Virtual Hope Box	https://onemindpsyberguide.org/apps/virtual-hope-box-review/