

Our Counsellors

- Include both employees and trained volunteers
- Have farming and/or rural backgrounds
- Provide non-judgemental counselling, support, information and referrals for people in distress and/or crisis
- Are trained in crisis intervention, family violence, child welfare, suicide prevention, and more
- Have received Crisis Counsellor Certification through the American Association of Suicidology (employees)

Your Privacy

Klinik adheres to all privacy and personal health information legislation. All medical and counselling services, whether received in person or by phone, are documented. It is the right of any client of Klinik to access their personal health information.

Klinik Services

General Information.....	(204) 784-4090
Dream Catchers.....	(204) 784-4042
Drop-In Counselling.....	(204) 784-4067
Family Violence Counselling (Evolve).....	(204) 784-4070
Health Services Appointments.....	(204) 784-4090
Manitoba Farm, Rural & Northern Support Services (Brandon).....	1-866-367-3276
Manitoba Trauma Information & Education Centre.....	(204) 784-4099
Project Choices.....	(204) 784-4072
Public Education & Training.....	(204) 784-4066
SPEAK (Suicide Postvention Education Awareness Knowledge).....	(204) 784-4064
Sexual Assault Crisis Counselling Appointments.....	(204) 784-4049
Teen Klinik.....	(204) 784-4090
Teen Talk.....	(204) 784-4010
Trauma Counselling.....	(204) 784-4059
Volunteer Information.....	(204) 784-4006

24-Hour Telephone Services

Crisis Line.....	(204) 786-8686
Toll Free.....	1-888-322-3019
Human Trafficking Hotline.....	1-844-333-2211
Manitoba Suicide Prevention & Support Line.....	1-877-435-7170
Seniors Abuse Support Line.....	1-888-896-7183
Sexual Assault Crisis Line.....	(204) 786-8631
Toll Free.....	1-888-292-7565
TTY Deaf Access Counselling.....	(204) 784-4097

If you have comments or concerns please call and leave a message at (204) 784-4018

klinik.mb.ca



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Klinik
Community
Health Program

Manitoba Farm, Rural & Northern Support Services

Just Care. For Everyone.

Who are we?

The Manitoba Farm, Rural & Northern Support Services (MFRNSS) provides telephone and on-line counselling to farmers, rural and northern Manitobans.

We also offer a range of other services including a Suicide Bereavement Support Group, Volunteer Training Program and Public Education.

The MFRNSS is a program of Klinic Community Health. Klinic provides a full range of health-related services including medical care, counselling, education and training. Rooted in social justice values, Klinic believes that everyone deserves quality care, support and respect.

Crisis Counselling

- **MFRNSS Telephone Helpline ***
(M-F, 10 AM to 9 PM)
1-866-367-3276
- **Crisis Chat**
(M-F, 10 AM to 9 PM)
On-line instant messaging service for all Manitobans
ruralsupport.ca
- **Manitoba Suicide Prevention & Support Line * (24/7)**
1-877-435-7170
reasontolive.ca
- **Klinic Crisis Line * (24/7)**
1-888-322-3019
klinic.mb.ca/crisis-support

** Language Interpretation Services available upon request*

Other Services

- **Brandon & Area Suicide Bereavement Support Group**
Call 204-571-4183 or email kmoffat@klinic.mb.ca
- **Volunteer Crisis Line Training Program**
For information or to apply klinic.mb.ca/education-training/volunteering-with-klinic
- **Public Education**
 - Informational display
 - Website: ruralsupport.ca
 - Workshops
 - Rural Mental Health Resource Centre