

**Need
Support?**

**Let's
Chat**

FREE, CONFIDENTIAL **TELEPHONE & ON-LINE COUNSELLING**
MONDAY to FRIDAY • 10 AM to 9 PM



**Help
Line**

1-866-367-3276
204-571-4180



**Crisis
Chat**

supportline.ca

YouTube



@MFRSS

**Manitoba Farm, Rural &
Northern Support Services**



Klinik
Community
Health Program