

## Our Counsellors

- Include both paid professional counsellors and trained volunteers
- Have farming, rural and/or northern 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

### 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
Domestic Abuse (Evolve) Counselling.....	(204) 784-4059
Dream Catchers.....	(204) 784-4042
Drop-In Counselling Information.....	(204) 784-4067
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
Teen Klinik.....	(204) 784-4090
Teen Talk.....	(204) 784-4010
Trauma Counselling.....	(204) 784-4059
Volunteer Information.....	(204) 784-4006

### 24-Hour Telephone Counselling 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

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

[klinik.mb.ca](http://klinik.mb.ca)



December 2018

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## Manitoba Farm, Rural & Northern Support Services

Just Care. For Everyone.

## Who are we?

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

We also offer a range of other services including a 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
- **Live Chat**  
(M-F, 10 AM to 9 PM)  
On-line counselling service for all Manitobans  
[supportline.ca](http://supportline.ca)
- **Manitoba Suicide Prevention & Support Line \*** (24/7)  
1-877-435-7170  
[reasontolive.ca](http://reasontolive.ca)
- **Klinic Crisis Line \*** (24/7)  
1-888-322-3019  
[klinic.mb.ca/crisis-support](http://klinic.mb.ca/crisis-support)

*\* Language Interpretation Services available upon request*

## Other Services

- **Volunteer Crisis Line Training Program**  
For information or to apply  
[klinic.mb.ca/education-training/volunteering-with-klinic](http://klinic.mb.ca/education-training/volunteering-with-klinic)
- **Public Education & Training**
  - Informational display
  - Website: [supportline.ca](http://supportline.ca)
  - Workshops
  - Resource Centre
- **General Information**  
Unit 1, 217-10th St.  
Brandon MB.  
R7A 4E9  
tel: 204-571-4183  
Fax: 204-571-4184  
[info@supportline.ca](mailto:info@supportline.ca)