



Do you **Farm?**

Live in **Rural Manitoba?**

Live in the **North?**

Are you struggling or in crisis?

Need someone to talk to?

Free, confidential
telephone and online
counselling for all ages.

1-866-367-3276

or

204-571-4180

LIVE CHAT:
supportline.ca

*"It helps to talk to
someone who listens
and understands..."*

MANITOBA
Farm Rural & Northern
Support Services



Klinic
Community
Health Program