

NO COST MENTAL HEALTH SUPPORT DURING COVID-19

Crisis Services (24/7)

Manitoba Suicide Prevention & Support Line	1-877-435-7170
Klinic Sexual Assault Crisis Line	204-786-8631
	1-888-292-7565
Klinic Crisis Line	204-786-8686
	1-888-322-3019
Mobile Crisis Service	204-940-1781
Macdonald Youth Services (youth/parents)	204-949-4777
Kids Help Phone	1-800-668-6868

Peer Support Lines

Seneca Warm Line (24/7)	204-947-9276
	204-231-0217
Anxiety Disorders Assoc of Manitoba (ADAM) (Mon-Fri 9-5pm)	204-925-0040
Elmwood Community Resource Centre (Mon-Fri 10-6pm)	431-275-2290
Nor'West Community Health, Youth Quaranteen	204-792-2277
Canadian Mental Health Assoc (CMHA)	204-982-6100
Mood Disorders Association of Manitoba (MDAM)	204-786-0987
http://www.mooddordersmanitoba.ca/	
https://www.facebook.com/MoodDisordersMB/	

Counselling

Addictions Foundation of Manitoba (AFM) 204-944-6334 or 1-855-662-6605 phone counselling for people or family members struggling with addictions. <https://afm.mb.ca/>

Anxiety Disorders Association of Manitoba (ADAM) 204-925-0600 <http://www.adam.mb.ca/blog/adam-s-new-support-line-info>

Aulneau Renewal Centre 204-987-7090 counselling or wellness check-in <https://aulneau.com/covid-19-update/>

Blue Cross Grief Counselling 204-786-8880 up to 3 counselling sessions for Manitobans who have experienced a loss during COVID-19.

Canadian Mental Health Association (CMHA) Navigation Hub 204-775-6442 or hub@cmhawpg.mb.ca, assistance navigating adult mental health supports.

Family Dynamics 204-947-1401 for individuals and families

First Nations and Inuit Hope for Wellness Help Line 1-855-242-3310
Counselling available in English and French - upon request, in Cree, Ojibway, and Inuktitut

Macdonald Youth Services (MYS) 204-949-4777 or 1-888-383-2776
phone counselling for youth & parents
<https://www.mys.ca/services/youth-crisis-services>

Manitoba Adolescent Treatment Centre (MATC) 204-958-9660
centralized mental health intake for children and youth
<https://matc.ca/>

Manitoba Farm, Rural & Northern Support 1-866-367-3276
Mon-Fri, 10 am to 9 pm

Manitoba Government 1-844-218-2955 up to two virtual counselling sessions. <https://www.gov.mb.ca/covid19/bewell/index.html>

Manitoba Government, short-term online Cognitive Behavioural Therapy (16+)

<https://www.gov.mb.ca/covid19/bewell/virtualtherapy.html>

Nor'West Co-op Community Health 204-938-5900 phone counselling,

Nor'West Co-op Community Health, Youth Hub 204-221-9800 phone counselling (ages 14-24)

<https://norwestcoop.ca/about-us/in-the-news/norwest-community-health-suspended-services/>

North End Women's Center 204-589-7347

Rainbow Resource Centre 204-474-0212 or 1-855-437-8523 phone counselling for 2SLGBTQ+ people and their partners, parents, families
<https://rainbowresourcecentre.org/news/2020/update-from-rainbow-resource-centre>

Sara Riel 204-237-9263 phone or online counselling; support for people facing employment and financial challenges (18+)

<https://www.sararielinc.com/language/en/home/>

Women's Health Clinic 204-947-1517 phone counselling for individuals who identify as women (13+)

<https://womenshealthclinic.org/covid19/>

Youville Community Health Centre 204-255-4840 phone counselling (13+). <https://www.youville.ca/health-centre/counselling>

Parent Line <http://www.manitobaparentzone.ca>

Wellness Together Canada online mental health resources
<https://ca.portal.gs/>