

## MENTAL HEALTH AND WELLBEING SUPPORTS

Manitoba Mental Health Crisis Support: <https://www.gov.mb.ca/health/mh/crisis.html>

### Province-Wide Crisis Lines

#### **Klinik Crisis Line**

204-786-8686 or 1-888-322-3019

TTY 204-784-4097

#### **Manitoba Suicide Prevention & Support Line**

1-877-435-7170 (1-877-HELP170)

**Kids Help Phone** (national line available to Manitoba Youth)

1-800-668-6868

#### **Klinik Sexual Assault Crisis Line**

204-786-8631 or 1-888-292-7565

TTY 204-784-4097

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

[supportline.ca](http://supportline.ca) - online counselling

1-866-367-3276 (hours Mon-Fri 10 am to 9 pm)

#### **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

#### **Mental Health Support: Government of Canada**

Free, 24hr Mental Health "Wellness Together Canada" Program: <https://ca.portal.gs/>

#### **Mental Health Support: Government of Manitoba**

Manitoba Mental Health Virtual Therapy Program:

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

#### **Mental Health Supports: Winnipeg community**

Sara Riel Inc., mental health and addiction support:

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

Grace Hospital Access West, community mental health: 204-788-8330 (M-F, 8:30am-4:30pm)

Klinik Community Health: <http://klinik.mb.ca/>

Willow Place, shelter, counselling, outreach, community support: <https://willowplaceshelter.ca/>