



Manitoba Counselling & Resource List

Updated by CHI's PE Team – January 16, 2023 - for the most updated list, visit <https://umanitoba.ca/centre-for-healthcare-innovation/tools-and-resources#patient-engagement>

CRISIS SUPPORTS → *If you or someone you know is in immediate danger, please call 911*

Province-Wide Crisis Support & Counselling (Available 24/7)

Klinik Crisis Line

204-786-8686 or 1-888-322-3019
Deaf access/TTY: 204-784-4097
<https://klinik.mb.ca/crisis-support/>

Manitoba Farm, Rural & Northern Support Services

1-866-367-3276
<https://supportline.ca>

Klinik Sexual Assault Crisis Line

204-786-8631 or 1-888-292-7565
Deaf access/TTY: 204-784-4097
<https://klinik.mb.ca/crisis-support/>

Canada Human Trafficking Hotline

Confidential, multilingual service for victims & survivors
1-833-900-1010
<https://www.canadianhumantraffickinghotline.ca/>

Kids Help Phone (for children and teens)

1-800-668-6868
Text: CONNECT or PARLER to 686868
Facebook messenger: @KidsHelpPhone

Recovery of Hope Helpline

Program of Eden Health Care Services
1-888-617-7715

Willow Place Crisis Line

24/7 virtual resources for mental health, wellness, and substance use
<https://www.wellnesstogether.ca/en-CA>

Manitoba Suicide Prevention & Support Line

1-877-435-7170
TTY: 204-784-4097
www.reasonstolive.ca

Domestic Abuse Crisis Line (Province-Wide)

1-877-977-0007
Text only: 204-792-5302 or 204-805-6682
<https://www.gov.mb.ca/msw/>

Klinik Human Trafficking Hotline “Call the Line”

Support & information for trafficked persons and anyone else affected
1-844-333-2211

WRHA Critical Incident Reporting & Support Line

204-788-8222
<https://wrha.mb.ca/quality-improvement/patient-safety/>

Gambling Helpline

1-800-463-1554
<https://afm.mb.ca/programs-and-services/gambling/>

Worker's Compensation Board Distress Line

204-786-8175 or 1-800-719-3809

Wellness Together Canada

24/7 virtual resources for mental health, wellness, and substance use
Text: WELLNESS to 741741
<https://www.wellnesstogether.ca/en-CA>

A Women's Place

Counselling, support, safety planning, protection orders, legal consults and representation for women and children impacted by family violence

Call: 204-940-6624

Text: 431-400-9600

Online chat: <https://norwestcoop.ca/a-womans-place-chat-line/>

Indigenous Crisis Support & Counselling (Available 24/7)

Indigenous Hope for Wellness Helpline

Counselling in English & French; upon request in Cree, Ojibway & Inuktitut

1-855-242-3310

<https://hopeforwellness.ca>

Ikwe-Widdjiitiwin

Indigenous women/transgender/Two-spirit people who are being abused, and their children

1-888-315-9257 or 204-788-8200

www.ikwe.ca

Missing & Murdered Indigenous Women and Girls (MMIWG) Inquiry Support Line

Support for anyone affected by MMIWG

1-844-413-6649

Email: info@mmiwg-ffada.ca

National Indian Residential School Crisis Line

National support line for survivors

1-866-925-4419

Kamatsiaqtut Nunavut Helpline

Anonymous & confidential telephone counselling for northerners in crisis

867-979-3333 or 1-800-265-3333

<http://nunavuthelpline.ca/>

NWT Help Line

Free support to residents of Northwest Territories

1-800-661-0844

<https://www.hss.gov.nt.ca/en/services/nwt-help-line>

Wahbung Abinoonjiiag Inc.

Domestic violence prevention, crisis and healing centre for children & their families

204-925-4610

<https://www.wahbung.org/>

Regional Crisis Support

Winnipeg Regional Health Authority (including Churchill)

<https://wrha.mb.ca/mental-health/crisis-services/>

Adult Mobile Crisis Service & Mental Health Crisis Response Centre (24/7)

817 Bannatyne Avenue, Winnipeg MB

204-940-1781

Crisis Stabilization Unit (24/7)

204-940-3633

Youth Crisis Line & Mobile Crisis Teams (24/7)

For youth under age 21 and their families

204-949-4777 or 1-888-383-2776

Interlake-Eastern Regional Health Authority

<https://www.ierha.ca/default.aspx?cid=13360&lang=1>

Interlake-Eastern Crisis Line (24/7)

204-482-5419 or 1-866-427-8628

Selkirk Crisis Stabilization Unit

Nurse-managed, voluntary admission unit for individuals 15 years or older – for referral information call:

204-482-5361 or 1-888-482-5361

Mobile Crisis Services – Adult & Youth Outreach Teams

Voluntary services for all ages; provides phone support and active outreach (mental health assessments, crisis intervention, linkage to resources and short-term follow-up).

204-482-5376 or 1-877-499-8770

Northern Health Region

www.northernhealthregion.com

Thompson Youth Mobile Crisis Team

For individuals 17 years and under
204-778-1472 or 1-866-242-1571

- 12pm-12am

Hope North Crisis Response

2204-778-9977

- Mon-Fri: 8:30am-4:30pm

Kamatsiaqtut Nunavut Helpline

Anonymous & confidential telephone counselling for northerners in crisis
867-979-3333 or 1-800-265-3333

<http://nunavuthelpline.ca/>

NWT Help Line

Free support to residents of Northwest Territories

1-800-661-0844

<https://www.hss.gov.nt.ca/en/services/nwt-help-line>

Prairie Mountain Health Region

www.prairiemountainhealth.ca

South District (formerly Brandon, Assiniboine)

Adult Crisis Line (24/7)

1-888-379-7699

Youth Crisis Line (24/7)

Under 18 years old

1-866-403-5459

Crisis Stabilization Unit

1-855-222-6011 or 204-727-2555

Mobile Crisis Services

204-725-4411

North District (formerly Parkland)

Adult & Youth Crisis Line (24/7)

1-866-332-3030

Southern Health-Santé Sud

<https://Southernhealth.ca/en/finding-care/>

Crisis Services

1-888-617-7715

GENERAL SUPPORT LINES

211 Manitoba

Government, health & social services and information

Visit <https://mb.211.ca> or dial 2-1-1

Canadian Mental Health Association

204-982-6100

<https://mbwpg.cmha.ca/>

Elmwood Community Resource Centre

431-275-2290

- Mon-Fri 10am-6pm

<http://elmwoodcrc.ca/>

Mood Disorders Association of Manitoba

204-786-0987

www.mooddisordersmanitoba.ca

www.facebook.com/MoodDisordersMB/

Mood Disorders Association of Manitoba Postpartum Warm Line

204-391-5983

- 9am-9pm

Sexual Health Information Line (Nine Circles Community Health)

Information on testing, safety, and advice

204-945-2437

Anxiety Disorders Association of Manitoba

204-925-0040

- Mon-Fri 9am-5pm

<https://www.adam.mb.ca/>

Eating Disorders Help Line

1-866-633-4220

- Mon-Thurs 10am-6pm, Fri 10am-4pm

Live chat: <https://nedic.ca>

- Mon-Thurs 8am-8pm, Fri 8am-4pm

Manitoba Addictions Helpline

Access to resources & services for help with addictions

Text or call 1-855-710-3999

Email: MBAddictionHelp@afm.mb.ca

<http://mbaddictionhelp.ca/>

Peer Connections Manitoba

Support for individuals with lived/living experience of mental health challenges

204-786-1616 (ext. 229)

<https://peerconnectionsmb.ca>

Seniors Abuse Support Line

1-888-896-7183

- 9am-5pm

Trans Lifeline

All operators are transgender

1-877-330-6366

<https://translifeline.org/>

FREE & LOW-COST COUNSELLING

For more, visit <https://affordabletherapynetwork.com>

Access Nor'West Co-Op Community Health

Various counselling programs including CBTm, DBT, drop-in counselling, immigrant women's counselling, indigenous health, lifestyle counselling, and more.

204-938-5900

https://norwestcoop.ca/program_category/counselling/

Addictions Foundation of Manitoba

Phone counselling for people struggling with addiction and their family

204-944-6334 or 1-855-662-6605

www.afm.mb.ca

Aulneau Renewal Centre

Counselling or wellness check-in

204-987-7090

<https://aulneau.com/covid-19-update>

Canadian Mental Health Association

Navigation Hub – assistance navigating adult mental health supports

204-775-6442

Email: hub@cmhawpg.mb.ca

Centre Renaissance Centre Inc.

Services disponibles en français

204-256-6750

Email: renais@mymts.net

<https://www.renaissancecentre.ca/>

Family Dynamics

No cost/sliding fees

204-947-1401

Email: info@familydynamics.ca

<https://familydynamics.ca/services/counselling/>

Heartwood Healing Centre

Free counselling & group workshops for survivors of sexual abuse

204-783-5460

Email: info@heartwoodcentre.ca

<https://heartwoodcentre.ca/>

Anxiety Disorders Association of Manitoba

204-925-0600

www.adam.mb.ca/blog/adam-s-new-support-line-info

Aurora Family Therapy Centre

Due to COVID-19, staff are working remotely.

Email: aurora@aurorafamilytherapy.com

<https://www.aurorafamilytherapy.com/>

Centre de Santé

Ils offrent du counselling individuel, de couple ou de famille, et assurent l'évaluation, la coordination, l'orientation et la gestion de cas

204-235-9310

<https://centredesante.mb.ca>

Elmwood Community Resource Centre

Counselling warm line via call or text

Call Charlene at 204-982-1720 (ext. 201)

Email: counselling@elmwoodcrc.ca

<http://elmwoodcrc.ca/counselling-program/>

Fort Garry Women's Resource Centre

Counselling supports continue via phone/email

204-477-1123

<https://fgwrc.ca/our-programs/counselling/>

Hope Centre Health Care Inc.

Individual, marriage or family counselling

204-589-8354

Email: hopece@mymts.net

<https://hopecentrehealthcare.com>

Jewish Child & Family Services

Services will continue virtually
204-477-7430
Email: jcfs@jcfswinnipeg.org
<https://www.jcfswinnipeg.org/services/counselling>

Klinik Community Health Centre

Drop-in counselling: 204-784-4090, press 0
Have your Manitoba Health card ready

- Mon, Fri, Sat 12-4pm;
- Tues, Wed, Thurs 12-8pm

Centralized Intake Line: 204-784-4059
<https://klinik.mb.ca/in-person-counselling>

Mood Disorders Association of Manitoba

Friendly Caller Program – offering mental health check-ins and connection during COVID-19
To sign up call 204-560-1461 or 1-800-263-1460

North End Women’s Centre

Individual, drop-in and phone counselling for women over 18
204-589-7347
<https://newcentre.org/>

Rainbow Resource Centre

Phone counselling for LGBTQ2SIA+ people, their partners, parents, families, friends
204-474-0212 or 1-855-437-8523
<https://rainbowresourcecentre.org/news/2020/update-from-rainbow-resource-centre>

Sara Riel Inc

Phone or online counselling for people facing employment and financial challenges (18+)
204-237-9263
www.sararielinc.com/language/en/home/

Youville Community Health Centre

Phone counselling (13+)
204-255-4840
www.youville.ca/health-centre/counselling

Jonah Counselling & Consulting

Variety of therapy specialties available
204-998-0843
Email: admin@jonahconsulting.ca

Manitoba Government

Up to 2 virtual counselling sessions, online short-term cognitive behavioural therapy (CBT)
1-844-218-2955
www.gov.mb.ca/covid19/bewell/index.html

Mount Carmel Clinic

Offering phone counselling for North End residents
204-589-9477

Pluri-Elles Manitoba

Counselling individuel, externe et des groupes de soutien aux femmes, aux enfants et à la famille, ainsi qu'aux femmes qui ont quitté une relation empreinte de violence.
204-233-1735 ou 1-800-207-5874
www.pluri-elles.mb.ca

Recovery of Hope Counselling Services

1-866-493-6202
<https://edenhealthcare.ca/roh/services-programs/>

Women’s Health Clinic

Phone counselling for individuals who identify as women (13+)
204-947-1517
<https://womenshealthclinic.org/covid19/>

YOUTH SUPPORTS & RESOURCES

Addictions Foundation of Manitoba

Youth programs & services

204-944-6200

<https://afm.mb.ca/>

Family Navigator Program (Macdonald Youth Services)

Help finding mental health resources for youth 13-24 & their families

204-452-0551 or 1-844-452-0551

<https://www.mys.ca/services/navigator>

Manitoba Adolescent Treatment Centre

Centralized mental health intake for children & youth

204-958-9660

<https://matc.ca>

Macdonald Youth Services

Phone counselling for youth & parents

204-949-4777 or 1-888-383-2776

www.mys.ca/services/youth-crisis-services

Nor'West Co-Op Youth Hub

Phone counselling for ages 14-24

204-221-9800

<https://norwestcoop.ca/resource-centres/youth-hub/>

Youth Addictions Centralized Intake

Information & support regarding Youth Drug

Stabilization Unit (Support for Parents) Act

1-877-710-3999

<http://www.matc.ca/services-ciyacci.html>

Youth Resource Centre & Emergency Shelter – Macdonald Youth Services

24/7 shelter, food, hygiene and other crisis services for youth 12-17

204-477-1804

<https://www.mys.ca/services/youth-crisis-services>

Black Youth Helpline

For youth & families

1-833-294-8650/1-833-BYH-8650

www.blackyouth.ca

Gender Dysphoria Assessment and Action in Youth (GDAAY)

Coordinated & integrated care for youth along spectrum of gender dysphoria

204-789-2490

<http://gendercreativekids.ca/providers/gdaay/>

Manitoba Advocate for Children & Youth

Represent rights of children & youth in services for mental health, child and family, adoption, addiction, education, disability, justice and victim support

204-988-7440 or 1-800-263-7146

<http://manitobaadvocate.ca/>

Mood Disorder Association of Manitoba Youth Programming

Education & support for youth 9-19 years

204-786-0987

<http://www.mooddisordersmanitoba.ca/>

Resource Assistance for Youth (RAY)

Support for street-entrenched or homeless youth up to age 29

204-783-5617

<https://rayinc.ca/>

Youth Crisis Stabilization System (YCCSS)

Community-based crisis intervention services for youth under 18 and their families

204-949-4777

<https://www.mys.ca/services/youth-crisis-services>

INDIGENOUS SUPPORTS & RESOURCES

Abinotci Mino Ayawin

Health care needs for young Aboriginal children ages 0-6 and their families

204-952-7504

<http://ahwc.ca/abinotci>

Achako Atamiskatowin/Rediscovering Our Spirit Program

Mental & emotional support services for Indian Residential School survivors and their families

PO Box 190, Cross Lake, Manitoba

204-676-3912

<https://crosslakehealth.ca/resschool.htm>

Andrews Street Family Centre Inc.

Drop-in centre, services for youth 6-17

220 Andrews Street

204-589-1721

Dakota Ojibway Tribal Council

Wellness supports for Birdtail Sioux, Dakota Tipi, Long Plain, Roseau River, Sandy Bay & Swan Lake

1-833-600-0087

First Nation & Inuit Health Branch – Non-Insured Health Benefits (NIHB)

Coverage for vision, dental, pharmacy, medical supplies & counselling not covered through other social programs or private insurance

300 – 391 York Avenue

Supplies, counselling & vision: 1-800-665-8507

Medical transportation: 1-877-983-0911

Email: sac.nihb-ssna.isc@canada.ca

<https://www.sac-isc.gc.ca/eng/1572537161086/1572537234517>

Interlake Reserves Tribal Council

Wellness supports for Dauphin River, Kinonjeoshtegon, Lake Manitoba, Little Saskatchewan, Peguis & Pinaymootang

Marcie Tavares: 204-803-0070 or mtavares@irtc.ca

Sheri Gould: 204-302-0078 or sherigould@irtc.ca

Treena McPherson: 204-302-1344 or treenapmcperson@irtc.ca

Aboriginal Health & Wellness Centre of Winnipeg

Individual counselling, sharing circles, traditional teachings & ceremony

181 Higgins Avenue

204-925-3700

<http://ahwc.ca/>

Anish Corporation

Health & wellness programs, including advancing gender equality for Indigenous womxn in Manitoba

110-200 Alpine Way, Swan Lake First Nation, MB

204-334-9395

<https://www.anishcorp.ca/about>

Cree Nation Tribal Health Centre

Health services for Chemawawin, Grand Rapids, Marcel Colomb, Mathias Colomb, Mosakahiken,

Opaskwayak, Sapotaweyak & Wuskwi Sipiik

PO Box 2760, 302 Ross Avenue, The Pas, MB

204-627-1540

Eagle Urban Transition Centre

Assistance for Indigenous people who have relocated to Winnipeg

2nd Floor, 275 Portage Avenue

204-954-3050 or 1-866-345-1883

<https://eagleutc.com>

Keewatin Tribal Council

Represents eleven member reserves in Northern Manitoba.

23 Nickel Road, Thompson, MB
1-800-665-6212 (ext. 7257)

<http://www.ktc.ca/>

Manitoba Keewatinowi Okimakanak (MKO) Inc. Client Navigator

Access to health services for registered First Nations & Inuit members experiencing difficulties with NIHB and other provincial services

204-307-5066 or 1-800-442-0488

Email: Bernice.Thorassie@mkonorth.com

<https://mkonation.com/health/client-navigator/>

Natawiwewak Medical Clinic

Winnipeg residents from Bunibonibee, Chemawawin, God's Lake & Manto Sipi Mental Wellness Team:

204-417-8877
Crisis On-Call: 204-307-1905 or 204-307-0118

Sagkeeng IRS Wellness Centre

Support for all former Indian Residential School students and family members

PO Box 70, Pine Falls, MB
204-367-9990

<http://www.sagkeenghealth.com/indian-residential-school-resolution-health-support-program-irs.html>

St. Theresa Point IRS Traditional Healing Centre

Box 389, St. Theresa Point, MB
204-462-2838

<https://www.facebook.com/groups/514507932491516/>

Ma Mawi Wi Chi Itata Centre

Community Care Sites:

- 363 McGregor St (204-925-6816)
- 443 Spence Ave (204-925-0348)

General phone: 204-925-0300

Email: info@mamawi.com

www.mamawi.com

MKO Mobile Crisis Response Team

For Manitoba First Nations, eligible status citizens living on or off reserve in Manitoba

1-844-927-5433

Email: crisisresponse@mkonorth.com

<https://mkonation.com/health/mobile-crisis-response-team/>

Opaskwayak Health Authority (OHA)

Counselling, Opiod Replacement Therapy, Telehealth services for Marcel Colomb, Mathias Colomb, Mosakahiken, Opaskwayak,

Sapotaweyak, Misipawitstik Cree Nation & Wuskwi Sipiik

204-627-7410

After hours crisis line: 204-623-0519

Southeast Resource Development Council Corp.

Health services & wellness support for Berens River, Black River, Bloodvein, Brokenhead Ojibway, Hollow Water, Little Grand Rapids, Pauingassi & Poplar River

2nd Floor, 360 Broadway, Winnipeg, MB

204-956-7500

Email Carol McCorrister: carolm@serdc.mb.ca

<https://health.serdc.mb.ca/>

Traditional Healer Services

Team of 3 based in Thompson working from home during COVID-19 providing culturally safe traditional healing. For Manitoba First Nations and eligible status citizens living on or off reserve.

Duke Beardy: 204-307-8192 or

duke.beardy@mkonorth.com

Wa-Say Healing Centre

Emotional & wellness support services

204-774-6484

<http://wa-say.com/services/programs>

West Region Treaty 2 & 4 Health Services

2nd Floor, 317 Main St. North, Dauphin

712 – 18th Street, Brandon

1-866-385-9400 or 204-725-4394

<https://www.westregiontribalhealth.com/>

WRHA Indigenous Health – Patient Services

Interpretation, resources, advocacy, cultural care & more

1-877-940-8880 or ask your healthcare provider

<https://wrha.mb.ca/indigenous-health/patient-services/>

COVID-19 SUPPORTS & RESOURCES

Blue Cross Grief Counselling

Up to 3 counselling sessions for Manitobans who have experienced a loss during COVID-19
204-786-8880

COVID-19 Screening Tool

<https://sharedhealthmb.ca/covid19/screening-tool/>

IVR format: 1-877-308-9038

Health Links/Info Sante (24/7)

Information about health, urgent and emergency services
1-888-315-9257 or 204-788-8200

Seneca Warm Line (24/7)

For Manitobans struggling with issues related to mental health and wellness during COVID
204-942-9276

Additional Resources

Visit <https://guides.wpl.winnipeg.ca/crisis> for updated lists of resources and social services (including housing, clothing and food) available in Winnipeg.