GEORGE & FAY YEE
Centre for Healthcare Innovation

Manitoba Counselling & Resource List

Updated by CHI's PE Team – January 16, 2023

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

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

Klinic Crisis Line

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

Manitoba Farm, Rural & Northern Support Services
1-866-367-3276
https://supportline.ca

Klinic Sexual Assault Crisis Line
204-786-8631 or 1-888-292-7565
Deaf access/TTY: 204-784-4097
https://klinic.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.reasontolive.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/

Klinic 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 & Inuktut
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

Anxiety Disorders Association of Manitoba
204-925-0040
- Mon-Fri 9am-5pm

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

Canadian Mental Health Association
204-982-6100
https://mbwpg.cmha.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

Elmwood Community Resource Centre
431-275-2290
- Mon-Fri 10am-6pm

http://elmwoodcrc.ca/

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/

Mood Disorders Association of Manitoba
204-786-0987
www.mooddisordersmanitoba.ca
www.facebook.com/MoodDisordersMB/

Peer Connections Manitoba
Support for individuals with lived/living experience of mental health challenges
204-786-1616 (ext. 229)
https://peerconnectionsmb.ca

Mood Disorders Association of Manitoba Postpartum Warm Line
204-391-5983
- 9am-9pm

Seniors Abuse Support Line
1-888-896-7183
- 9am-5pm

Sexual Health Information Line (Nine Circles Community Health)
Information on testing, safety, and advice
204-945-2437

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

Anxiety Disorders Association of Manitoba
204-925-0600
www.adam.mb.ca/blog/adam-s-new-support-line-info

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

Aurora Family Therapy Centre
Due to COVID-19, staff are working remotely.
Email: aurora@aurorafamilytherapy.com
https://www.aurorafamilytherapy.com/

Canadian Mental Health Association
Navigation Hub – assistance navigating adult mental health supports
204-775-6442
Email: hub@cmhawpg.mb.ca

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

Centre Renaissance Centre Inc.
Services disponibles en français
204-256-6750
Email: renais@mymts.net
https://www.renaissancecentre.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/

Family Dynamics
No cost/sliding fees
204-947-1401
Email: info@familydynamics.ca
https://familydynamics.ca/services/counselling/

Fort Garry Women's Resource Centre
Counselling supports continue via phone/email
204-477-1123
https://fgwrc.ca/our-programs/counselling/

Heartwood Healing Centre
Free counselling & group workshops for survivors of sexual abuse
204-783-5460
Email: info@heartwoodcentre.ca
https://heartwoodcentre.ca/

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

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

Klinic 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://klinic.mb.ca/in-person-counselling

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

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

Mount Carmel Clinic
Offering phone counselling for North End residents
204-589-9477

North End Women's Centre
Individual, drop-in and phone counselling for women over 18
204-589-7347
https://newcentre.org/

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

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

Recovery of Hope Counselling Services
1-866-493-6202
https://edenhealthcare.ca/roh/services-programs/

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

Women's Health Clinic
Phone counselling for individuals who identify as women (13+)
204-947-1517
https://womenshealthclinic.org/covid19/

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

YOUTH SUPPORTS & RESOURCES

Addictions Foundation of Manitoba
Youth programs & services
204-944-6200
https://afm.mb.ca/

Black Youth Helpline
For youth & families
1-833-294-8650/1-833-BYH-8650
www.blackyouth.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

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 Adolescent Treatment Centre
Centralized mental health intake for children & youth
204-958-9660
https://matc.ca

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/

Macdonald Youth Services
Phone counselling for youth & parents
204-949-4777 or 1-888-383-2776
www.mys.ca/services/youth-crisis-services

Mood Disorder Association of Manitoba Youth Programming
Education & support for youth 9-19 years
204-786-0987
http://www.mooddisordersmanitoba.ca/

Nor'West Co-Op Youth Hub
Phone counselling for ages 14-24
204-221-9800
https://norwestcoop.ca/resource-centres/youth-hub/

Resource Assistance for Youth (RAY)
Support for street-entrenched or homeless youth up to age 29
204-783-5617
https://rayinc.ca/

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 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

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

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

Aboriginal Health & Wellness Centre of Winnipeg
Individual counselling, sharing circles, traditional teachings & ceremony
181 Higgins Avenue
204-925-3700
http://ahwc.ca/

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

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

Andrews Street Family Centre Inc.
Drop-in centre, services for youth 6-17
220 Andrews Street
204-589-1721

Cree Nation Tribal Health Centre
Health services for Chemawawin, Grand Rapids, Marcel Colomb, Mathias Colomb, Mosakahiken, Opaskwayak, Sapotaweyak & Wuskwi Sipihk
PO Box 2760, 302 Ross Avenue, The Pas, MB
204-627-1540

Dakota Ojibway Tribal Council
Wellness supports for Birdtail Sioux, Dakota Tipi, Long Plain, Roseau River, Sandy Bay & Swan Lake
1-833-600-0087

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

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 treenapmcpherson@irtc.ca

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/

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

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/

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/

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

Opaskwayak Health Authority (OHA)
Counselling, Opiod Replacement Therapy, Telehealth services for Marcel Colomb, Mathias Colomb, Mosakahiken, Opaskwayak, Sapotaweyak, Misipawitstik Cree Nation & Wuskwi Sipihk
204-627-7410
After hours crisis line: 204-623-0519

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

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/

St. Theresa Point IRS Traditional Healing Centre
Box 389, St. Theresa Point, MB
204-462-2838
https://www.facebook.com/groups/514507932491516/

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.