

## **Online Resources**

**National Eating Disorders Information Centre:** <https://nedic.ca/resources> - Call toll-free 1-866-633-4220 or email: [nedic@uhn.ca](mailto:nedic@uhn.ca) for more information.

**New Directions** for Children, Youth, Adults and Families is pleased to provide **Making Sense of Trauma: Practical Tools for Responding to Children and Youth Webinar**. The Webinar is based on the Making Sense of Trauma: Practical Tools for Responding to Children and Youth workshop that has been delivered 45 times to over 1,900 people working with children and youth. It was out of a desire to make the information even more accessible that the Webinar was created: <http://makingsenseoftrauma.com/>

**Eating Disorders Manitoba-** [www.eatingdisordersmanitoba.wordpress.com](http://www.eatingdisordersmanitoba.wordpress.com) A website to learn more about eating disorder information, treatment, and support available in Manitoba.

**The Looking Glass Foundation-** The Looking Glass Foundation offers free, regularly scheduled, real time Online Peer Support Group service. It is available to people of all ages, anywhere in Canada, who are experiencing who are experiencing disordered eating or body image issues. To learn more visit <https://www.lookingglassbc.com/online-peer-support/>

### **Online Virtual Group- Eating Disorders Nova Scotia**

A free eating disorders peer support group ifor 15-17 year olds across Canada. This 5-week group is led by trained Peer Mentors and is available to anyone 15-17 from anywhere in Canada. This is a welcoming and causal virtual space to talk about feelings, bodies, food and social pressures. A referral or eating disorders diagnosis is NOT needed. There is no cost, but registration is required.

For more information and to register visit: <https://youthpeersupportgroup.eventbrite.ca>

Can be reached at [info@eatingdisordersns.ca](mailto:info@eatingdisordersns.ca)

[You are not alone | Eating Disorders Nova Scotia \(eatingdisordersns.ca\)](http://www.eatingdisordersns.ca)

### **Stress Hacks**

Stress Hacks provides information about general mental health and stress, giving ways to manage, cope and deal with stress to help maintain good health and well-being: <https://stresshacks.ca/>

### **Manitoba 211**

Manitoba 211 is a searchable online database of government, health, and social services that are available across the province: <https://mb.211.ca/>

## ***In-Person Resources***

### **Rainbow Resource Centre for Youth**

Program is for Two-Spirit, lesbian, gay, bisexual, transgender, queer, questioning, intersex, and allied (2SLGBTQ+) youth ages 10-21. To book a single-session appointment, call the front desk at 204-474-0212.

Appointments for the week are provided to callers and can become brief treatment as needed.

The BIPOC (Black, Indigenous, and People of Colour) Youth Program is a branch of Youth Program intended for youth ages 13-to-21 who identify as Black, Indigenous and/or people of colour. Programming focuses on building connections, learning new skills, and having fun in a culturally safer space where experiences are shared.

For youth under 18 that want to access counselling through the Rainbow Resource Centre, they will only need consent from a parent or guardian if there is a developmental disability or if the youth is under 13 years old.

### **NorWest Co-op Community Health Centre**

NorWest offers a variety of counselling services for adults, youth and children including specialized services for women who have experienced trauma, domestic violence, or are dealing with substance use problems. For youth until the age of 24.

Phone: 204- 938-5900 for support and navigation.

### **The National Association of Friendship Centres (NAFC)**

NAFC was established in 1972 to represent, nationally, the growing number of Friendship Centres emerging across Canada. The NAFC represents over 100 Friendship Centres and Provincial/Territorial Associations (PTAs) from coast-to-coast-to-coast and make up the Friendship Centre Movement (FCM).

The Friendship Centres oversee a variety of initiatives designed to connect with young people. Ma Mow We Tak Friendship Centre, located in the northern Manitoba, administers culturally appropriate initiatives with northern aboriginal youth to assist in reducing unintended adolescent pregnancies. For a full list of Friendship Centres and PTAs, please visit: <https://nafc.ca/friendship-centres>

For more Friendship Centre youth initiatives, visit: <https://nafc.ca/youth/initiatives?lang=en>

<https://winnipegeatingdisordersclinic.com/>

<https://birchwellnesscenter.ca/>

**The Manitoba FASD Centre** is a multidisciplinary assessment, education, training and research service of the Winnipeg Regional Health Authority Child Health Program. The centre provides multidisciplinary assessment, diagnosis and short term follow-up services where there has been confirmed prenatal exposure to alcohol. Diagnostic services are provided for children and youth up to the age of 18. Referrals are accepted from health care providers, families and other agencies with the consent and involvement of the legal guardian. Referral forms are available on the Manitoba

FASD website. [www.fasdmanitoba.com](http://www.fasdmanitoba.com)

In addition to the Winnipeg-based operations, the Manitoba FASD Centre provides leadership and training for a provincial network called the Manitoba FASD Network that includes all Manitoba regional health authorities.

To inquire about the status of service in your area call:

Selkirk: 204-785-7789

Beausejour: 204-268-7705

City of Brandon: 204-578-4821

Brandon: 204-578-2487

Dauphin: 204-622-6223

Thompson: 204-778-1468

The Pas: 204-623-9649

Portage la Prairie: 204-239-2429

Steinbach: 204-346-7039

Churchill: 204-675-8881

### **Youth Resource Centre (YRC)**

If you need a safe place to stay, contact 204.477.1804 (within Winnipeg) or 1.888.477.1804 (outside of Winnipeg).

The Youth Resource Centre (YRC) and Emergency Shelter is open 24 hours a day, 365 days a year. The shelter offers short-term, overnight, emergency stays for youth ages 12–17. In addition, crisis intervention, counselling, case management, advocacy, and basic needs (e.g., food, hygiene, clothes, shower) are all services offered to youth accessing the shelter.

### **Health Sciences Centre Winnipeg (HSC Winnipeg)**

The largest health care centre in Manitoba, and serving Manitoba, northwestern Ontario and Nunavut.  
820 Sherbrooke Street, Winnipeg, MB, R3A 1R9 Map

204-787-3661

<http://www.hsc.mb.ca>

### **Affordable Therapy Network - Canada (ATN)**

An online directory of qualified therapists in who offer Reduced Rate and Sliding Scale services in Canada. Serving Vancouver, Calgary, Edmonton, Toronto, Montreal, Ottawa, Winnipeg, and beyond.

Special Services During Pandemics (e.g. COVID/Corona), Disasters and Related Emergencies

Counsellors and Therapists are available if you are looking for some support with feelings of isolation, loss, strained relationships, work challenges, addictions, or anything else. Please reach out if you need someone to talk to.

<https://affordabletherapynetwork.com/>

### **Manitoba Keewatinow Okimakanak Inc. Mobile Crisis Team Contact Information**

MKO provides holistic, culturally sensitive and safe Crisis Response Trauma Intervention to all Manitoba's First Nation communities: 1-844-927-5433 (Crisis Line)

<http://mkonation.com/>

### **Artbeat Studio Inc.**

Artbeat Studio Inc. provides social supports, working art studio and gallery space, and mentorship for individuals living with mental illness for the purpose of recovery and empowerment.

204-943-5194

[artbeatstudio.ca](http://artbeatstudio.ca)

### **Anxiety Disorders Association Manitoba**

ADAM is a registered self-help charity committed to helping individuals who struggle with anxiety disorders.

204-925-0600 or 1-800-805-8885

[www.adam.mb.ca](http://www.adam.mb.ca)

### **Canadian Mental Health Association (CMHA)**

CMHA serves the needs of all Manitobans through a variety of services and supports. CMHA promotes the mental health of all people in Manitoba and support the resilience and recovery of individuals experiencing mental illness.

CMHA Manitoba & Winnipeg: 204-982-6100

[mbwpg.cmha.ca/](http://mbwpg.cmha.ca/)

CMHA Manitoba Central (Portage): 204-239-6590

[central.cmha.ca/](http://central.cmha.ca/)

CMHA Parkland (Swan River): 204-734-2734

CMHA (Thompson): 204-677-6050

[thompson.cmha.ca](http://thompson.cmha.ca)

### **KLINIC INC**

Klinic Community Health provides a full range of health related services from medical care to counselling and education.

Website: [klinic.mb.ca](http://klinic.mb.ca)

Phone 204-786-8686

Klinic Crisis Line (24 hours) 1-888-322-3019

### **Peer Connections Manitoba (PCM)**

PCM offers a number of services in Winnipeg and around the province to support those living with mental health challenges through education, peer support and advocacy.

204-786-1616

[peerconnectionsmb.ca](http://peerconnectionsmb.ca).

### **Manitoba Adolescent Treatment Centre (MATC)**

MATC provides a range of mental health services to children and adolescents who experience psychiatric and/or emotional disorders. A full continuum of programs and services, both community and hospital based, are available to children, adolescents and their families. Services range from brief interventions to intensive long-term treatment. Treatment is provided from a variety of perspectives and is delivered in partnership with parents and collateral agencies

204-477-6391

<http://matc.ca>

Areas Served: Winnipeg Regional Health Authority, Manitoba

### **Mood Disorders Association of Manitoba**

Mood Disorders Association of Manitoba, together with the United Way, the Winnipeg Foundation and RBC, is excited to deliver our signature youth program, Music, Art, and Dance (MAD) Camp.

For youth ages 12-17, this bi-weekly camp runs from Mon - Fri, 9 - 4 PM, July 4th - Aug 26th, 2022.

This mental wellness-oriented camp is based on a holistic model and includes healthy snacks and lunches.

<http://www.mooddordersmanitoba.ca/services/youth/>

### **Mind Your Mind**

mindyourmind exists in the space where mental health, wellness, engagement and technology meet. We work with community partners and young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience. We do this through our Design Lab model, in which young people work directly with facilitators, content experts, and designers to brainstorm, design, and develop our projects. Our goals are to promote wellness, reduce the stigma around mental health, and increase access to community supports, both professional and peer-based.

At mindyourmind, young people are valued as experts in their own experience and choose to engage in whichever way makes sense for them. Youth are involved in everything that we do, every step of the way. We explore, co-create and prototype using iterative cycles that involve youth and adult partners to discuss and design what matters to them in mental health. They have developed a range of interactive tools for teens: mindyourmind publishes mindyourmind.ca, youthexperts.ca, myToolKit.ca and BeSafeApp.ca

### **Intensive Treatment Service (ITS) – Inpatient Service**

The Intensive Treatment Service is a hospital-based service that provides inpatient assessment, treatment and/or stabilization to youth ages 12 -17 years with persistent and serious Mental Health Disorders.

Adolescents ages 12 to 17 years from Manitoba and the North. This service is reserved for referrals internal to the Child & Adolescent Mental Health Service. Referrals are directed to the Program Manager, Intensive Treatment Service. Referrals are accepted by telephone 204-204-477-6391 or by fax at 204-783-8948.

120 Tecumseh Street, Winnipeg, Manitoba, R3E 2A9

### **Centralized Intake Child and Adolescent Mental Health Program**

Provides access to child and adolescent mental health resources. For children and adolescents between the ages of 3 and 18 who are experiencing emotional or behavioural concerns, as well as symptoms of mental illness.

204-958-9660 or 1-877-710-3999.

### **Youth Addiction Centralized Intake**

This provincial service offers information and supports to parents regarding the Youth Drug Stabilization (Support for Parents) Act.

It serves to provide information to youth, their families and allied professionals regarding addiction services for youth in Manitoba.

For more information call 204-958-9660.

### **Adolescent Parent Interagency Network (APIN)**

The Adolescent Parent Interagency Network (APIN) is a group of agencies, professionals and peers in Manitoba who collaborate with the goal of ensuring high-quality service to young people who are pregnant or parenting, whether or not they are primary caregivers. Members of APIN have linked together because of their shared commitment to the challenges and opportunities facing these youth. The resources available through APIN include Manitoba 211 and Stress Hacks:

### **Survivor's Hope Crisis Centre Inc.**

Provides crisis intervention, support and information to survivors and secondary victims of sexual assault in Interlake Eastern Region. Call 204-753-5353 during office hours for information on sexual assault trauma.

### ***Resources Available via Telephone***

#### **Huddle NorWest Youth Hub**

Telephone counselling, support, brainstorming resources and resource navigation and other services.

Available via telephone Monday – Friday, 1:00 p.m. – 6:30 p.m. and Saturday 9:30 a.m. – 2:30 p.m.

Phone: 204-221-9800 or email: [youthhub@norwestcoop.ca](mailto:youthhub@norwestcoop.ca)

**Manitoba Suicide Line:** 1-877-435-7170

- Confidential crisis counselling, support, information and referrals for people who are feeling suicidal, concerned family & friends or survivors of suicide loss.
- Available 24 hours a day, 7 days a week.

**Crisis lines:**

Winnipeg: KLINIC Crisis/Suicide Line 24 Hour: 1-888-322-3019

Ma Mawi Wi Chi Itata Centre-Aboriginal Crisis Support: 1-888-962-6294

24 hour Crisis Line: 204-482-5419 or 1-866-427-8628

Mobile Crisis Services: 204-482-5376 or 1-877-499-8770

Adult: 2:00 pm – 2:00 am

Youth 17 and under: 1:30 pm – 9:00 pm

Crisis Stabilization Unit: 204-482-5361 or 1-888-482-5361

Community Mental Health Intake: 204-785-7752 or 1-866-757-6205

**Northern Health Region:**

Thompson Youth (17 and under) Mobile Crisis Team: 204-778-1472 or toll free 1-866-242-1571

Mobile Team hours 12 pm – 12 am, seven days/week

Hope North Crisis Response 204-778-9977, Mon. to Fri. 8:30-4:30

**NON-CRISIS**

Thompson General Hospital

204-677-2381

Thompson Community Mental Health Intake

204-677-5350 (Hours: M-F 8:30 am – 4:30 pm)

Flin Flon Community Mental Health Intake

204-687-1350 (Hours: M-F 8:30 am – 4:30 pm)

Flin Flon General Hospital after hours

204-687-7591 (4:30 pm – 8:30 am, weekends)

The Pas Community Mental Health Intake



204-623-9650 (Hours: M-F 8:30 – 4:30pm)

The Pas Health Complex after hours

204-623-6431 (4:30pm – 8:30am, weekends)

**Prairie Mountain:**

CRISIS - SOUTH DISTRICT (formerly Brandon, Assiniboine)

Adult crisis line, 24/7: 1-888-379-7699

Youth Under 18 crisis line 24/7: 1-866-403-5459

Crisis Stabilization Unit: 1-855-222-6011 or 204-727-2555

Mobile Crisis Services: 204-725-4411

**North District (former Parkland)**

Adult and Youth Crisis Line (24/7): 1-866-332-3030

**NON-CRISIS - South**

Adult Community Mental Health Intake

1-855-222-6011 (M-F 8:30-4:30)

Youth (17 and under) Community Mental Health Intake, SEE:

[prairiemountainhealth.ca/index.php/access-for-children-and-youth](http://prairiemountainhealth.ca/index.php/access-for-children-and-youth)

**NON-CRISIS - North**

Mental Health Intake (all ages):

Roblin: 204-937-2151

Ste. Rose du Lac: 204-447-4080

Swan River: 204-734-6601

Dauphin: 204-638-2118

Southern Health

Crisis Services number:

1-888-617-7715