

Wellness Through Connection
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Winnipeg Supports and Crisis Contacts

CRISIS LINES

- Klinik 24 Hour Crisis Line: 1-888-322-3019 *or* 204-786-8686
Free (24/7) support: Text HOME to 686868 to chat with a crisis responder
Free (24/7) voice support nationwide: 1-833-456-4566 or text HELLO to 45645 between 4:00PM and 12:00AM EST.
<http://klinik.mb.ca/crisis-support/>
- Manitoba Suicide Line (24 Hours): [1-877-435-7170](tel:1-877-435-7170) reasontolive.ca
- Survivor Hopes Crisis Centre Inc. [204-753-5353](tel:204-753-5353)
- Crisis Response Centre, 817 Bannatyne Ave: [204-940-1781](tel:204-940-1781) open 24/7
- Crisis Stabilization Unit, 755 Portage Avenue: [204-940-3633](tel:204-940-3633)
- Mobile Crisis Unit: [204-940-1781](tel:204-940-1781)
- Critical Incident Reporting and Support Line (24/7): [\(204\) 788-8222](tel:204-788-8222)
- Suicide prevention & Support Line Toll free: 1-877-435-7170 or (1-877-HELP170)
- Helpline by Indigenous women for Indigenous women 1-855-554-4325 (HEAL) www.talk4healing.com. Free and confidential 24/7. Available in 14 indigenous languages, English and French.
- First Nations & Inuit Hope for Wellness Help Line: [1-855-242-3310](tel:1-855-242-3310) (Outside of Province) Counselling is available in English, French, Cree, Ojibway, and Inuktitut
- Indian Residential School (IRS) 24 Hour Crisis Line [1-866-925-4419](tel:1-866-925-4419)
- Missing and Murdered indigenous Women and Girls Support Line [1-866-818-3505](tel:1-866-818-3505)
- Willow Place Crisis Line: [204-615-0311](tel:204-615-0311) or [1-877-977-0007](tel:1-877-977-0007)
- Crisis Chat Line www.supportline.ca

- Youth Mobile Crisis Team: 204-949-4777
- Youth Crisis Stabilization System: 204-949-4777 or 1-888-383-2776
- Resource Assistance for Youth: 204-783-5617
- Kids Help Phone: 1-800-668-6868 and Text Service (open to all ages): Text: 686868
- Peer Support: 204-786-0987 Toll-Free: 1-800-263-1460
Hours of Operation: 9-9 M-F & 10-4 S-S

SEXUAL ASSAULT/ GENDER BASED VIOLENCE/ HOUSING

- Klinik Sexual Assault Line (24 Hours): 204-786-8631 or 1-888-292-7565
- Seneca House and Warmline: 204.942.9276
- The Laurel Centre (for women sexually abused as children 16+) 204-783-5460
- Human Trafficking Hotline (24/7) Toll Free: 1-844-333-2211
- Domestic Violence Hotline 1-877-977-0007 or text 204-792-5302 or 204-805-6682 for support and shelter options
- IKWE Women's Shelter-1-800-362-3344
- Status of Women TEXT: 204-792-5302 OR 204-805-6682 -CALL: 1-877-977-0007
- Alpha House <https://www.alphahouseproject.ca/> 204-982-2011
- Domestic Violence Crisis Line Toll free: 1-877-977-0007
- Bravestone Centre <http://bravestonecentre.ca/> 204-275-2600
- Willow Place <https://willowplaceshelter.ca/about/> Local: 204-615-0311 Toll free: 1-877-977-0007 Text: 204-792-5302
- Sara Riel Respite: 204.231.0217
- Main Street Project:
Address: 190 Disraeli Street
Phone Number for male identified: 204-306-8378
Phone number for women identified: 204-306-7850
Website: www.mainstreetproject.ca

- Salvation Army Centre of Hope:
Address: 180 Henry Avenue
Phone Number: 204-946-9400
Website: <https://salvationarmy.ca/prairie/>
- Siloam Mission:
Address 300 Princess Street
Phone number: 204-956-4344
Website: <https://www.siloam.ca/>
- Ikwe-Widdjiitiwin:
Indigenous women's family violence shelter
Phone Number: 1-800-362-3344.
Website: <http://www.ikwe.ca/>
- Willow Place:
Phone Number: 204-615-0313 ext. 0.
Website: <https://willowplaceshelter.ca/>
- Macdonald Youth Services:
(overnight shelter for youth 12-21 years old)
Address: 175 Mayfair Avenue Phone Number: 204-477-1804.
- A & O: Safe Suite Initiative:
Temporary housing for men, women and couples who are 55 years or older who are experiencing abuse or neglect.
Phone Number: 204-956-6440. .
- Men's Resource Centre:
For men and their children fleeing intimate partner domestic violence and/or abuse.
Phone Number: 204-415-6797
- End Homelessness Winnipeg 204-942-8677
- Mama bear clan 204-947-0321
- Winnipeg Harvest 204.982.3660

MENTAL HEALTH

- Postpartum Warmline: [204-391-5983](tel:204-391-5983)
Hours of Operation: 1:30pm-9:30pm M-Sun

- Bereavement: <http://palliativemanitoba.ca/programs-and-services/bereavement-services/> for more information or to sign up for service at 204-889-8525.
- Health links: [\(204\)-788-8200](tel:2047888200) or [1-888-315-9257](tel:18883159257) (24 hours/ 7 days a week)
- Manitoba Farm, Rural & Northern Support Services: www.supportline.ca or [1-\(866\)-367-3276](tel:18663673276) (10 a.m. - 9 p.m./ Monday - Friday)
- WRHA Community Mental Health Services: [204-788-8300](tel:2047888300) and mobile crisis service: [204-940-1781](tel:2049401781)
- Manitoba Schizophrenia Society: [204-786-1616](tel:2047861616)
- Mood Disorders Association of Manitoba Peer Support Line: [\(204\)-786-0987](tel:2047860987) or [1-800-263-1460](tel:18002631460) (9 a.m. – 9 p.m., Monday – Friday)
- OCD Centre of Manitoba 204.942.3331
- TTY Deaf access Line [204.779.8902](tel:2047798902)
- Canadian Mental Health Association: [204-982-6100](tel:2049826100)
The Canadian Mental Health Association, has a 24-hour helpline: 1-833 456-4566
- Bounce Back: Telephone coaching for anxiety, depression PTSD and OCD
<https://mbwpg.cmha.ca/programs-services/bounce-back-reclaim-your-health/>
- Adult Community Mental Health Intake [204-788-8330](tel:2047888330)
- Centralized Intake for Child and Adolescent Mental Health Program [204-958-9600](tel:2049589600)
- Youth Addictions Centralized Intake [1-877-710-3999](tel:18777103999)
- Youth Program: [204-428-6600](tel:2044286600)
- Child & Youth Community Central Mental Health Intake [204-958-9600](tel:2049589600)
- Churchill Hospital General Ward [204-675-8322](tel:2046758322)
- Churchill Health Centre [204-675-8881](tel:2046758881)
- Family Doctor Connection [204-786-7111](tel:2047867111)
- Anxiety Disorders Association of Manitoba [204-925-0600](tel:2049250600)
- Learning Disabilities Associations of Manitoba [204-774-182118+](tel:204774182118)

- Age and Opportunity 204.956.6440
- AIDS/STD Information Line 204.945.2437

COUNSELLING

- Pluri- Elles Counselling (Free):
Phone Number: 204 233-1735
- Age and Opportunity Counselling Services (55+)
Phone Number: 204-956-6440
Website: www.ageopportunity.mb.ca
- Aurora Counselling Centre (Sliding Scale):
Phone Number: 204-786-9251
Website: <https://www.aurorafamilytherapy.com/>
- Aulneau Renewal Centre:
Phone Number: 204-987-7090
Website: <https://aulneau.com/>
- Centre Renaissance Centre:
Phone Number: 204-256-6750 (bilingual, sliding scale)
- Elmwood Resource Community Centre
Phone Number: 204-982-1720
Website: www.elmwoodcrc.ca
- Family Dynamics:
Phone Number: 204-947-1401
Website: <https://familydynamics.ca/>.
- Fort Garry Women's Resource Centre:
Phone Number: 204-477-1123
- Jewish Child and Family Counselling Services:
Phone number: 204-477-7430 (open to all faiths and cultural groups)
- Klinik Community Health Centre:
Phone number: 204-784-4059
Website: <http://klinik.mb.ca/>

- Ka ni Kanichihk:
Phone Number: 204-953-5820
Website: <https://www.kanikanichihk.ca/>
- The Laurel Centre
Phone Number: 204-783-5460
Website: www.thelaurelcentre.com
- Ma Mawi wi Chi Itata Centre (Indigenous):
Phone number: 204-925-0300
Website: <https://www.mamawi.com/>
- Men's Resource Centre:
Phone Number: 204-415-6797
Website: <https://www.mens-resource-centre.ca/>
- Mount Carmel Clinic:
Phone Number: 204-589-9419
- North End Women's Centre:
Phone number: 204-589-7347
Website: <https://www.mountcarmel.ca/>
- Norwest Co-op Community Health clinic – Youth hub:
Phone number: 204 221 9800
Website: <https://norwestcoop.ca/locations/youth-hub/>
- Recovery of Hope Counselling Services
Phone Number: 204-477-4673
- Women's Health Clinic:
Phone Number: 204-947-1517
Website: womenshealthclinic.org

EATING DISORDERS

- Women's Health Clinic - Provincial Eating Disorder Prevention & Recovery Program
204-947-2422, ext. 137 OR 866-947-1517, ext. 137 toll free
- Health Sciences Centre - Adult ED Service Program 204-787-3482
- Health Sciences Centre - Child Adolescent ED Service Program 204-958-9660

SUBSTANCE USE

- Manitoba Addictions Helpline 1-855-662-6605
- Addictions Foundation of Manitoba 205-944-6235
- Native Addictions Council of Manitoba 204-586-8395
- Family Services: 204-944-6229
- Teen Talk 204-784-4010
- Native Addictions Council of Manitoba 204-586-8395
- Macdonald Youth Services Winnipeg: 204-949-3799 Thompson: 204-677-7870
- Manitoba Adolescent Centre 204-477-6391
- Marymount Inc. 204-338-7971
- Resource Assistance for Youth Outreach Phone: 204-391-2209
- Manitoba Adolescent Treatment Centre 1-877-710-3999
- Winnipeg Regional Health Authority 204-949-4777 Toll free: 1-888-383-2776
- Arc Counselling 204-202-1221
- Manitoba Addictions Helpline 1-855-662-6605
- Addictions Foundation Manitoba 1-866-638-2561 Men 204-944-6209 Women 204-944-6229
- Main Street Project, Inc. Winnipeg: 204-982-8257
- Intoxicated Persons Detention Area: 204-982-8250
- Crisis Services, Shelter, Drop in, Detox: 204-982-8245
- Mainstay Residence: 204-982-8260
- Rosaire House Addiction Centre, Inc. 204-623-6425
- The Salvation Army - Anchorage Program 204-946-9401
- St. Raphael Wellness Centre 204-956-6650

LGBTQ2S+

- Out There Winnipeg (OTW)
Website: www.outtherewinnipeg.ca
- Rainbow Resource Centre 204-474-0212
- Trans Health Clinic Front desk: 204-784-4090
Trans Health Program: 204-784-4051
- Like-That Sunshine House (Drop in meetings)
Phone Number: 204-783-8565
Website: www.sunshinehousewpg.org

FOOD

- Agape Table:
Address: 364 Furby Street, Winnipeg
Phone Number: 204-783-6369
- Lighthouse Mission:
Address: 669 Main Street, Winnipeg
Phone Number: 204-943-9669
- Missionaries of Charity:
Address: 167 Aikins Street, Winnipeg
Phone Number: 204-582-2773
- NorWest Co-op Community Food Centre:
Address: 103-61 Tyndall Avenue, Winnipeg
Phone Number: 204-615-3117
- Oak Table:
Address 109 Pulford Street, Winnipeg
Phone Number 204-416-2240
- St. Matthews Maryland Community Ministry – West End Commons:
Address: 365 McGee, Winnipeg
Phone number: 204-774-1846
- Winnipeg Harvest Food Bank Call Centre:
Phone Number: 204-982-3660
Website: winnipeg Harvest.org

HOUSING AND INCOME SUPPORT

- Citizen's Bridge:
Address: 565 Selkirk Avenue, Winnipeg
Phone number: 204-691-9716
- Community Financial Counselling Services (CFCS):
Address: 516-294 Portage Avenue, Winnipeg
Phone Numbers: 204-989-1900 / 1-800-573-2383
- Doorways:
Service matching as well as intake for individuals experiencing recurrent or chronic homelessness or aging out of CFS care.
Address: 103-181 Higgins Avenue (Neeginan Centre)
Phone number: 204-925-3830.
- EIA:
Provincial income assistance program.
Phone number weekdays: 204-948-4000
Phone Number weekends: 204-945-0183 after hours emergency support.
- Rent Assist:
Phone Number: 204-945-2197.
- SEED Winnipeg:
Address: 80 Salter St.
Phone number: 204-927-0045
- West Central Women's Resource Centre:
Address: 640 Ellice Avenue
Phone Number: 204-774-8975 For women, by appointment only.
- Winnipeg Rental Network
Website: www.winnipegrentnet.ca

ONLINE SUPPORTS

- Big White Wall: 24/7 Online support for positive mental health
<https://www.bigwhitewall.com>
- The Centre for Addiction and Mental Health
- Online Mental Health Guide
- Mental Health America

- Mutual Aid Society Facebook Group
- BIPOC Mental Health Workers Resource List-Central Neighbourhoods
- UWinnipeg Wellness: uwpgwellnesscentre
- AbilitiCBT
- Manitoba Farm, Rural & Northern Support Services Online counseling
- <https://supportline.ca/>
- Body Brave (provides free/ by donation online Eating Disorder Group Meetings)
www.bodybrave.ca