

FOR IMMEDIATE RELEASE

Stay Well during Uncertain Times COVID-19

Winnipeg, MB (April 23, 2020) – Fear is contagious – but so are caring and support.

In this spirit of resilience, the Canadian Mental Health Association across Manitoba is proud to continue to offer essential mental health services during the COVID-19 pandemic crisis. CMHA offices throughout the province have enhanced our services and are offering a **‘Wellness Support Response Line’**. The Wellness Support Lines will help connect our staff across the province to community members. These services include peer support, BounceBack® CBT coaching for depression and anxiety, workplace and youth mental health education, brief intervention and supportive counselling and service navigation. These programs continue to provide evidence-based, compassionate and respectful services and programs to Manitobans.

We know this is a major event and it’s affecting all of us in different ways. CMHA and its staff want you to know we’re here to listen and help answer questions, provide information and referrals, and support you to have the skills and resources to cope with these challenges. The ‘Wellness Support Response Line’ is based on our Wellness and Peer Support models.

We will continue to examine and alter our service delivery models as new developments arise. Many of our programs are being delivered via phone connections, video meetings and we are swiftly working towards moving the majority of our programs and supports to virtual platforms.

CMHA believes that everyone has the right to their best possible mental health. CMHA’s proven supports will make a difference to reduce the impact of the COVID-19 pandemic, and lighten the long-term mental health legacy of this crisis. These supports come paired with the ongoing vital practical help with income, housing and safety, which are needed as the first level foundation for positive mental health.

Marion Cooper, Executive Director says “CMHA is here for all Manitobans. Experiences of anxiety and depression are common during these uncertain times. Connect with your local CMHA and have confidence that we can be there for one another”.

For further information, please contact the following CMHA branches:

CMHA Manitoba and Winnipeg (Provincial and Winnipeg office)

930 Portage Avenue, Winnipeg, MB R3G 0P8

Offering phone peer support, Bounceback® free telephone based cognitive behavioral therapy coaching support for depression and anxiety, education and employment related services, rehabilitation & recovery support, housing related assistance, on-line educational courses and service navigation

T: 204-775-6442

E: hub@cmhawpg.mb.ca

CMHA Interlake Eastern Region

435 Main Street, Selkirk, MB R1A 1V4

Offering housing support, portable housing benefit program, service navigation, advocacy, tenancy mediation and eviction prevention

T: 204-482-9723

E: contact@cmhaie.ca

CMHA Central Region and southern Manitoba area

102 – 1st Street NW, Portage-la-Prairie, MB, R1N 1Y9

Offering emergency and transitional housing support, portable housing benefit, over the phone peer support and service navigation

T: 204-239-6590

E: info@cmhacentral.ca

CMHA Parkland and The Pas Region

Swan Valley Branch

524 Main Street

Swan River, MB R0L 1Z0

Offering emergency and transitional housing support, portable housing benefit, over the phone peer support, and service navigation

Emergency and transitional housing: 204-734-2734

E: reception@cmhaswanvalley.ca

Portable housing benefit: 204-701-0153

E: terra.matthews@cmhaswanvalley.ca

Peer support toll-free: 1-800-880-0824

E: rod.seib@cmhaswanvalley.ca

CMHA Thompson Region and surrounding area

43 Fox Bay, Thompson, MB R8N 1E9

Offering over the phone peer support, educational and employment related support, housing related support

T: 204-677-6050

E: psrintake@cmhathompson.ca

Self Help

T: 204-677-6056

E: selfhelp@cmhathompson.ca

For media inquiries please contact:

Lynn Russell at l Russell@cmhawpg.mb.ca or phone 204-982-6141