

COVID-19 Response – Mental Health Supports (April 20, 2020)

Most services are currently offered remotely, largely through telephone, text, and video.

Target Population	Organization/ Program	Services	Contact
All	Various	Crisis Response	Any Manitoban experiencing a mental health crisis should contact local crisis supports listed at this link or call 911: https://www.gov.mb.ca/health/mh/crisis.html
All	Canadian Mental Health Association Service Navigation Hub	Assessment, information, referral/navigation	Phone: 204-775-6442, or email: hub@cmhawpg.mb.ca
All	Government of Canada	Resources, connections for mental health supports	Wellness Together Canada Can also be accessed through Canada.ca/coronavirus and the Canada COVID-19 app
Aged 18 and older	Sara Riel Inc.	<u>Seneca</u> : Mental health/ addictions <u>Employment</u> : income stress	Seneca: 204-947-9276 or 204-231-0217. Employment: 204-237-9263, ext. 137.
Aged 16 and older	AbilitiCBT digital therapy program	Online program for anxiety linked to COVID-19	A new resource specifically focussed on anxiety due to COVID-19. Self referrals can be made at this link: www.gov.mb.ca/covid19/bewell/virtualtherapy.html
Aged 16 and older	Aulneau Renewal Centre	Online, phone: COVID-19 anxiety/ stress	204-987-7090 or complete form at www.aulneau.com
Children/ Youth	Kids Help Phone	24/7 counselling, information and referrals	Phone 1-800-668-6868 text "CONNECT" to 686868 (no texting fee, no data plan required) on-line information: https://kidshelpphone.ca/
Children/Youth	Manitoba Adolescent Treatment Centre online resource	Information on mental wellness strategies, resources	Website includes self-help strategies and information on local resources www.stresshacks.ca
Youth	NorWest COVID Quaranteen support line	Staffed by therapists and youth workers	Monday – Saturday, 3 – 8:30pm 204-792-2277
Children/Youth	Strongest Families Institute	Telephone based, families with children aged 3 – 17 (ADHD, ODD, anxiety)	Referrals through: MATC, 204-958-9660; Southern Health/Santé Sud, 1-888-310-4593; Northern Regional Health Authority, 204-677-5358; Prairie Mountain Health, 204-734-6639; or Interlake-Eastern Regional Health Authority, 204-785-7752
All	Anxiety Disorders Association of Manitoba	COVID-19 anxiety support line	204-925-0040
Manitoba Keewatinowi Okimakinak	Crisis Response Team	Culturally-sensitive crisis response and trauma intervention	crisisresponse@mkonorth.com 1-844-927-LIFE (5433)

Other local community agencies and organizations also provide support. Below is referral material prepared by Shared Health and addictions support information.



March 24, 2020 <https://sharedhealthmb.ca/files/guidance-and-tools-to-support-mental-wellness.pdf>

MENTAL HEALTH RESOURCES ACROSS THE REGIONS

WRHA and Manitoba:

- Mobile Crisis Lines: 204-940-1781
- Clinic Crisis line: 204-786-8686 or toll-free 1-877-435-7170
- Mood Disorders Association of Manitoba: <http://www.mooddordersmanitoba.ca/>
- Canadian Mental Health Association of Manitoba and Winnipeg:
204-982-6100, www.mbwpg.cmha.ca
Specific COVID19 online support information: <https://mbwpg.cmha.ca/covid-19-managing-stress-and-anxiety/>
- Mental Health Education Resource Centre
204-942-6568 or toll-free 1-855-942-6568, www.mherc.mb.ca
- Anxiety Disorder Association of Manitoba
204-925-0600 or toll-free 1-800-805-8885, www.adam.mb.ca
- First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310
- Churchill Health Centre: 204-675-8881

Interlake-Eastern Regional Health Authority:

- Mental Health Resources: <http://www.ierha.ca/default.aspx?cid=13360&lang=1>
- Crisis Line: 204-482-5419 or toll-free 1-866-427-8628
- Mobile Crisis Service: 204-482-5376 or toll free 1-877-499-8770
- Canadian Mental Health Association:
Interlake-Eastern: 204-482-9723, www.interlakeeastern.cmha.ca

Northern Health Region:

- Canadian Mental Health Association-The Pas: 204-623-1028
- The Pas Crisis Services After Hours: 204-623-6431
- Opaskwayak Cree Nation Crisis Line: 204-623-0519

- Flin Flon Crisis Services After Hours: 204-687-7591
- Thompson Crisis Services After Hours: 204-677-2381
- Canadian Mental Health Association-Thompson:
204-677-6050, www.thompson.cmha.ca

Prairie Mountain Health Region:

- South Crisis Line:1-888-379-7699
- North Crisis Line: 1-866-332-3030.
- Canadian Mental Health Association-Parkland:
204-734-2734, www.parkland.cmha.ca

Southern Health-Santé Sud Health Region:

- Crisis Line: 1-888-617-7715
- Canadian Mental Health Association-Central:
204-239-6590, www.central.cmha.ca

Free downloads and websites:

- Free Apps:
 - CALM
 - CBT-I Coach
 - Mindfulness Coach
 - Mindshift
- www.calminthestormapp.com
- www.stopbreathethink.com
- www.smilingmind.com.au

Addictions Supports:

- Manitoba Addictions Helpline: <http://mbaddictionhelp.ca/>, 1-855-662-6605
- Tamarack Recovery Centre – non-crisis addiction support/counselling:
Set up by emailing: info@tamarackrecovery.org