

Helplines

Provincial Crisis Lines

Manitoba Suicide Prevention & Support Line.....1-877-435-7170
Klinic Crisis Line.....1-888-322-3019 or 204-786-8686
Health Links-Info Santé1-888-315-9257 or 204-788-8200
Kids Help Phone (national line available to Manitoba Youth).....1-800-668-6868
Klinic Sexual Assault Crisis Line1-888-292-7565 or 204-786-8631
Rural Northern Support Services.....1-866-367-3276 or 1-888-322-3019
First Nations and Inuit Hope for Wellness Help Line1-855-242-3310

Mental Health & Addiction

Manitoba Addictions Helpline1-855-662-6605
Gambling Helpline.....1-800-463-1554

Abuse & Assault

Domestic Violence Hotline Manitoba.....1-877-977-0007
Human Trafficking Hotline.....1-844-333-2211

Children & Parenting

Child & Family All Nations Coordinated Response Centre.....1-888-945-2627
(Acts as the first point of contact with the Child and Family Services system)
Pregnancy Crisis Centre of Winnipeg.....1-800-665-0570 or 204-772-2828
Manitoba Parent Line1-877-945-4777 or 204-945-4777

People with Disabilities

Deaf Access Counselling.....204-784-4097

Other Health Related Phone Lines

Dial-a-Dietitian1-877-830-2892 or 204-788-8248
Family Doctor Finder1-866-690-8260 or 204-786-7111
Workers' Compensation Board Distress Line.....1-800-719-3809 or 204-786-8175
Manitoba Poison Centre.....1-855-776-4766

Region-Specific Crisis Lines Winnipeg

Youth Crisis Stabilization Services1-888-383-2776 or 204-949-4777
Winnipeg Mobile Crisis Service204-940-1781
Crisis Stabilization Unit204-940-3633
Seneca House (7:00 P.M. - 11:00 P.M.)204-942-9276

Interlake-Eastern Regional Health Authority

24-hour Crisis Line1-866-427-8628 or 204-482-5419
Mobile Crisis Services.....1-877-499-8770 or 204-482-5376
Crisis Stabilization Unit.....1-888-482-5361 or 204-482-5361

Northern Health Region

Thompson Youth (17 and under) Mobile Crisis Team.....1-866-242-1571

South District

Adult Crisis Line1-888-379-7699
Youth under 18 crisis line 24/71-866-403-5459
Crisis Stabilization Unit1-855-222-6011 or 204-727-2555
Mobile Crisis Services204-725-4411

North District

Adult and Youth Crisis Line1-866-332-3030

Southern Health-Santé Sud

East of Red River – Crisis Response Services/Warm Call line.....1-888-617-7715
West of Red River – Crisis Response Line1-866-588-1697
Crisis Stabilization Unit.....1-855-320-1096

Online Chats

MB Farm, Rural and Northern Support Services (counselling).....supportline.ca
Counseling Service for Indigenous People.....hopeforwellness.ca
Suicide Prevention and Support Line.....reasonstolive.ca

Health Assistance

Hope Centre Health Care Inc.

Address: 240 Powers Street
Phone: 204-589-8354

Youville Diabetes Centre

(diabetes self-management education centre)
Address: 33 Marion Street
Phone: 204-233-0262

Women’s Health Clinic

Address: 3-419 Graham Ave
Phone: 204-947-1517

Aikins Street – Community Health Centre

Address: 601 Aikins Street
Phone: 204-940-2025

Access River East

Address: 975 Henderson Highway
Phone: 204-938-5000

Health Action Centre

Address: 425 Elgin Avenue
Phone: 204-940-1626

Mount Carmel Clinic

(services in different languages for newcomers)
Address: 886 Main St
Phone: 204-582-2311

Nine Circles Community Health Service

(treatment of sexually transmitted infections)
Address: 705 Broadway Avenue
Phone: 204-940-6000

Klinic

Address: 870 Portage Ave
Phone: 204-784-4090

Aboriginal Health and Wellness Centre

Address: 181 Higgins Ave
Phone: 204-925-3700

First Nations Inuit Health Branch

Address: 640 Main St
Phone: 204-9838886

Mental Health / Counselling

Mental Health Crisis Response Centre

(central point of access for adults experiencing a mental health crisis, accessible 24/7)
Address: 817 Bannatyne Ave @ Tecumseh St)
Phone: 204-940-1781

Mental Health Services for Youth

(is a service for parents or caregivers seeking support for children experiencing mental illness)
Phone: 204-958-9660

Adult Community Mental Health Services

(Case management, rehabilitation, supported housing)
Phone: 204-940-2655

Mental Health Services for Older Adults

(assessment and short-term intervention for people over the age of 65)
Phone: 204-982-0140

The Laurel Centre

Address: 104 Roslyn Road
Phone: 204-783-5460

Manitoba Schizophrenia Society

Address: 100-4 Fort Street
Phone: 204-786-1616 or 1-800-263-5545

Behavioral Health Foundation Inc.

Address: 35 De La Digue Avenue
Phone: 204-586-2550

EYAA-KEEN Centre Inc.

(Trauma treatment programs for Indigenous adults)
Address: 547 Notre Dame Ave
Phone: 204-783-2976

Tamarack Rehab Inc.

(residential abstinence based addiction treatment and addiction recovery services)
Address: 60 Balmoral Street
Phone: 204-772-9836

Obsessive Compulsive Disorder Centre

Address: 100-4 Fort Street
Phone: 204-942-3331

Anxiety Disorders Association of Manitoba

Address: 100-4 Fort Street
Phone: 204-925-0600 or 1-800-805-8885

Mood Disorders Association of Manitoba

Address: 100-4 Fort Street
Phone: 204-786-0987 or 1-800-263-1460

Health Sciences Centre Addictions Unit

Address: 820 Sherbrook Street
Phone: 204-787-3843 (*opiate*) 204-787-3855 (*out/in patient*) 204-787-3918 (*alcohol*)

Emergency Housing

Main Street Project

Address: 75 Martha St
Phone: 204-982-8245

Native Women's Transition Centre

(Indigenous women and their children)
Address: 105 Aikins Street
Phone: 204-989-8240

Siloam Mission

Address: 300 Princess St
Phone: 204-956-4344

West Central Women's Resource Centre

(Women's HOMES Programme)
Address: 640 Ellice Ave
Phone: 204-774-8975 ext. 208

Willow Place

Phone: 204-615-0311 OR 1-877-977-0007

Sage Transition House

(support for women that are street involved)

Address: 422 Dufferin Ave

Phone: 204-943-6379

Salvation Army: Booth Centre

Address: 180 Henry St.

Phone: 204-946-9400

Ikwe-Widdjiitiwin Inc.

(Indigenous women and their children)

Phone: 204-987-2780 or 1-800-362-3344

Emergency Shelters and Short-term Housing for Youth

Ndinawemaaganag Endaawaad

(Age: 11-17)

Address: 372-370 Flora Ave

Phone: 204-586-2588 (Safe House)

Resource Assistance for Youth

(Age: up to 29)

Address: 125 Sherbrook St

Phone: 204-783-561

Rossbrook House

(6-24 yrs.)

Address: 658 Ross Ave

Phone: 204-949-4090

MacDonald Youth Services

(Age: 12-17)

Address: 175 Mayfair Ave

Phone: 204-477-1722

Ndinawe/Tina's Safe Haven

(Safe house 11-17)

Address: 472 Selkirk Ave

Phone: 204-417-7233

Emergency Food

Winnipeg Harvest

(Food Hamper Mon. – Sat. 9:45 a.m. – 2:45p.m)

Address: 1085 Winnipeg Ave

Phone: 204-982-3660

Siloam Mission

(meals 3 times per day)

Address: 300 Princess St

Phone: 204-956-4344

Agape Table

(breakfast Mon– Fri. 8AM – 10:30AM) Address: 364 Furby St.

Phone: 204-783-6369

Main St. Project

Address: 75 Martha St Phone: 204-982-8229

Supports for Indigenous Peoples

Abinotci Min-Ayawin

(Sharing circles, Elders, parenting programs, traditional healing, advocacy, child wellness)

Address: 215–181 Higgins Avenue

Phone: 204-925-7504

EAGLE Urban Transition Centre

(Assistance for Indigenous people who relocated to Winnipeg)

Address: 200-275 Portage Avenue

Phone: 204-954-3050

Andrews Street Family Centre

(Drop-in centre; serves youth ages 6 to 17 years)
Address: 220 Andrews Street
Phone: 204-589-1721

Indigenous Family Centre

(Drop-in resource center that provides social and emotional support)
Address: 470 Selkirk Ave
Phone: 204-586-8393

Kivalliq Inuit Services

(Offers patient care, discharge planning, travel and interpreter services to people registered with Nunavut Health)
Address: 310 Burnell Street
Phone: 204-989-1020

Eyaa-keen Centre Inc.

(Physical, emotional, mental treatment)
Address: 547 Notre Dame Avenue
Phone: 204-783-2976 or 1-877-423-4648

Ka Ni Kanichihk, Inc.

(Aboriginal identified programs and services)
Address: 455 McDermot Avenue
Phone: 204-953-5820

Ma Mawi Wi Chi Itata Centre, Inc.

(Sweat lodge ceremonies, women programs, counselling)
Address: 445 King Street
Phone : 204-925-0348 or 1-888-962-6294

LGBT2SQ Resources

Rainbow Resource Centre

Address: 170 Scott St
Phone: 204-474-0212

Sexuality Education Resource Centre MB

Address: 200-226 Osborne St. North
Phone: 204-982-7800

Family Resources

Winnipeg Boys and Girls Club

Address: 300-61 Juno St
Phone: 204-982-4940

Springs Inner City Family Services

Address: 648 Burrows Ave
Phone: 204-586-6213

North End Stella Community Ministry

(babysitting/respice/daycare; free voicemail program)
Address: 470 Stella Ave
Phone: 204-586-8137

Broadway Neighbourhood Centre

(recreational, health, and training programs)
Address: 185 Young St
Phone: 204-772-9253

Rossbrook House

(inner city drop-in center 5-24yrs)
Address: 658 Ross Ave
Phone: 204-949-4090

Healthy Baby Community Support Programs

Address: Various areas through out the city
Phone: 204-945-2266 or

Wolseley Family Place

(drop-in center for families; parenting classes)
Address: 691 Wolseley Ave
Phone:204-788-8052

Thrive Resource Centre

(food bank, workshops, baby supplies)
Address: 555 Spence St.
Phone: 204-775-9934

Substance Abuse Resources

Salvation Army Anchorage Program

(Residential Treatment for adults) Address:
180 Henry Ave
Phone: 204-946-9401

Esther House

(Second Stage housing for women recovering from
addictions)
Phone: 204-582-4043

Addictions Foundation of Manitoba

Address: 1031 Portage Ave
Phone: 204-944-6200

Supports for Women

North End Women's Centre Inc

Address: 394 Selkirk Ave.
Phone: 204-589-7347

Fort Garry Women's Resource Centre

Address: 1150 Waverly St.
Phone: 204-477-1123

Crisis Pregnancy Center

Address: 650 Broadway Ave W
Phone: 204-772-1923

North Point Douglas Women Centre

Address: 221 Austin St
Phone: 204-947-0321

West Central Women's Resource Centre

Address: 640 Ellice Ave.
Phone: 204-774-8975

Native Women's Transition Centre

Address: 105 Aikins St.
Phone: 204-989-8240

Elizabeth Fry Society of Manitoba Inc.

Address: 544 Selkirk Ave.
Phone: 204-589-7335

A Woman's Place

(Domestic Violence Support and Legal Services)
Address: 200-323
Portage Ave Phone: 204-
940-1966