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 Santé ................................................................................................1-888-315-9257 or 204-788-8200
Kids Help Phone (national line available to Manitoba Youth).....................................1-800-668-6868
Klinic Sexual Assault Crisis Line ..................................................................................1-888-292-7565 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 Line ..................................................1-855-242-3310

Mental Health & Addiction
Manitoba Additions Helpline ......................................................................................1-855-662-6605
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 Line ....................................................................................................1-877-945-4777 or 204-945-4777

People with Disabilities
Deaf Access Counselling..............................................................................................204-784-4097

Other Health Related Phone Lines
Dial-a-Dietitian ............................................................................................................1-877-830-2892 or 204-788-8248
Family Doctor Finder ...................................................................................................1-866-690-8260 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 Services ..............................................................................1-888-383-2776 or 204-949-4777
Winnipeg Mobile Crisis Service ....................................................................................204-940-1781
Crisis Stabilization Unit ..............................................................................................204-940-3633
Seneca House (7:00 P.M. - 11:00 P.M.) .....................................................................204-942-9276

Interlake-Eastern Regional Health Authority
24-hour Crisis Line .......................................................................................................1-866-427-8628 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 Line .................................................................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**

Adult and Youth Crisis Line .................................................................1-866-332-3030

**Southern Health-Santé Sud**

East of Red River – Crisis Response Services/Warm Call line.................................1-888-617-7715
West of Red River – Crisis Response Line .................................................................1-866-588-1697
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 .................................................................reazonotolive.ca

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**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
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

**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

**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

**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
<table>
<thead>
<tr>
<th>Service Name</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td><strong>Andrews Street Family Centre</strong></td>
<td>220 Andrews Street</td>
<td>204-589-1721</td>
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<tr>
<td>(Drop-in centre; serves youth ages 6 to 17 years)</td>
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<tr>
<td><strong>Eyaa-keen Centre Inc.</strong></td>
<td>547 Notre Dame Avenue</td>
<td>204-783-2976 or 1-877-423-4648</td>
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<td>(Physical, emotional, mental treatment)</td>
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<tr>
<td><strong>Indigenous Family Centre</strong></td>
<td>470 Selkirk Ave</td>
<td>204-586-8393</td>
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<tr>
<td>(Drop-in resource center that provides social and emotional support)</td>
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<tr>
<td><strong>Ka Ni Kanichihk, Inc.</strong></td>
<td>455 McDermot Avenue</td>
<td>204-953-5820</td>
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<td>(Aboriginal identified programs and services)</td>
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<tr>
<td><strong>Kivalliq Inuit Services</strong></td>
<td>310 Burnell Street</td>
<td>204-989-1020</td>
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<tr>
<td>(Offers patient care, discharge planning, travel and interpreter services to people registered with Nunavut Health)</td>
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<tr>
<td><strong>Ma Mawi Wi Chi Itata Centre, Inc.</strong></td>
<td>445 King Street</td>
<td>204-925-0348 or 1-888-962-6294</td>
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<td>(Sweat lodge ceremonies, women programs, counselling)</td>
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<td><strong>LGBT2SQ Resources</strong></td>
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<td><strong>Rainbow Resource Centre</strong></td>
<td>170 Scott St</td>
<td>204-474-0212</td>
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<td><strong>Sexuality Education Resource Centre MB</strong></td>
<td>200-226 Osborne St. North</td>
<td>204-982-7800</td>
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<td><strong>Family Resources</strong></td>
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<td><strong>Winnipeg Boys and Girls Club</strong></td>
<td>300-61 Juno St</td>
<td>204-982-4940</td>
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<td><strong>Springs Inner City Family Services</strong></td>
<td>648 Burrows Ave</td>
<td>204-586-6213</td>
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<tr>
<td><strong>Rossbrooke House</strong></td>
<td>658 Ross Ave</td>
<td>204-949-4090</td>
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<td>(inner city drop-in center 5-24yrs)</td>
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<tr>
<td><strong>Healthy Baby Community Support Programs</strong></td>
<td>Various areas through out the city</td>
<td>204-945-2266 or</td>
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<td><strong>North End Stella Community Ministry</strong></td>
<td>470 Stella Ave</td>
<td>204-586-8137</td>
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<td>(babysitting/respite/daycare; free voicemail program)</td>
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<tr>
<td><strong>Wolseley Family Place</strong></td>
<td>691 Wolseley Ave</td>
<td>204-788-8052</td>
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<td>(drop-in center for families; parenting classes)</td>
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<tr>
<td><strong>Thrive Resource Centre</strong></td>
<td>555 Spence St.</td>
<td>204-775-9934</td>
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<tr>
<td>(food bank, workshops, baby supplies)</td>
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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

West Central Women’s Resource Centre
Address: 640 Ellice Ave.
Phone: 204-774-8975

Fort Garry Women’s Resource Centre
Address: 1150 Waverly St.
Phone: 204-477-1123

Native Women’s Transition Centre
Address: 105 Aikins St.
Phone: 204-989-8240

Crisis Pregnancy Center
Address: 650 Broadway Ave W
Phone: 204-772-1923

Elizabeth Fry Society of Manitoba Inc.
Address: 544 Selkirk Ave.
Phone: 204-589-7335

North Point Douglas Women Centre
Address: 221 Austin St
Phone: 204-947-0321

A Woman’s Place
(Domestic Violence Support and Legal Services)
Address: 200-323
Portage Ave
Phone: 204-940-1966