

Mental Health Supports for Manitobans during COVID-19 Pandemic

Free counselling and health services to Manitobans of all ages during COVID-19 Pandemic

Four organizations within the Catholic Health Corporation of Manitoba are offering free counselling and health services to children, teens and adults to help respond to the growing need for health and mental health services during this global pandemic.

Now more than ever, Manitobans need quick and easy access to health and social services, remotely. The organizations in our network have the capacity to offer their services to new and existing clients, immediately. These organizations have been open to Manitobans for over 40 years and continue to evolve with the changing needs of our population.

Here is a list of free services that are open to the public and available right now:

Aulneau Renewal Centre is offering wellness checks, staffed by counsellors, on the phone and online for anyone who may have anxiety, feel socially isolated and/or have uneasy feelings during this pandemic. Services are open to anyone 16 years and older.

Sara Riel Inc. is offering three services remotely, on the phone, to anyone 18 years and older:

- **The Seneca Warm Line:** a 24 hour phone line available to anyone who is looking to sort their thoughts and feelings with a peer who has experience with addiction and mental health challenges.
- **The Employment Warm Line:** for anyone experiencing a challenging financial time or in need of employment, this phone line can help you with your employment issues at this uncertain time.
- **The Employer Warm Line:** this phone line is open to managers and employers to help provide resources and guidance on wellness services for themselves and their workforce during this unprecedented time.

Note: Sara Riel Inc. is still accepting new clients. Anyone facing mental health or addiction challenges can access services at this time.

Youville Centre is offering mental health and health services such as counselling, dietician consult, information on sexual health and much more, for people of all ages (youth, teen and adults).

In the coming weeks, **Centre de santé Saint-Boniface** will offer online health and wellness programs.

These four organizations continue to provide services to their existing clients.

For more information:

Aulneau Renewal: For a wellness check-in, call 204-987-7090 or complete your form at aulneau.com.

Sara Riel: sararielinc.com.

- For the Seneca Warm line, call 204-947-9276 or 204-231-0217.
- For the Employment Warm line, call 204-237-9263, ext. 137.
- For the Employer Warm line, call 204-237-9263, ext. 125.

Centre de santé: Visit centredesante.mb.ca.

Youville Centre: Visit youville.ca or call 204-255-4840.

SUPPORT LINE 204-940-6624
MONDAY-FRIDAY 9AM-9PM
STARTING MONDAY APRIL 20TH, 2020

WHEN QUARANTINE ISN'T SAFE

A WOMAN'S PLACE IS HERE TO SUPPORT WOMEN WHO HAVE BEEN IMPACTED BY GENDER BASED VIOLENCE. THAT'S WHY WE'RE EXTENDING OUR SERVICES TO OFFER OVER THE PHONE SUPPORT MONDAY TO FRIDAY UNTIL 9:00 PM.

**GIVE US A CALL AT 204-940-6624
TO TALK TO ONE OF OUR COUNSELORS**



NEW Support Line for Women Experiencing Domestic Violence! Starts Monday April 20, 2020 (see attached Poster)

A Woman's Place is here to support women who have been impacted by gender based violence. That's why we are extending our services to offer over the phone support Monday to Friday till 9:00pm in the evening.

Give us a call today at 204-940-6624 to talk to one of our counsellors.

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204-938-5998

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Shared Health

Mental Health Virtual Therapy Program - Now Available [requires internet and computer/mobile device]
Help when you need it. Where you need it.

<https://www.gov.mb.ca/covid19/bewell/virtualtherapy.html>

Caring for your mental health is important during the COVID-19 pandemic. AbilitiCBT is a new digital therapy program from [Morneau Shepell](#), available to all residents of Manitoba age 16 or older experiencing mild to moderate symptoms of anxiety due to the pandemic.

You do not need to be referred by a doctor to use AbilitiCBT. You will be able to connect to a professional therapist trained to help you deal with:

- pandemic challenges
- the state of uncertainty
- physical isolation
- care for family and community members
- information overload
- stress management

Government of Manitoba Website

<https://www.gov.mb.ca/health/mh/links.html>

Lists crisis lines <https://www.gov.mb.ca/health/mh/crisis.html>

Province-Wide Crisis Lines

Klinik Crisis Line

204-786-8686 or 1-888-322-3019

TTY 204-784-4097

Manitoba Suicide Prevention & Support Line

1-877-435-7170 (1-877-HELP170)

Kids Help Phone (national line available to Manitoba Youth)

1-800-668-6868

Klinik Sexual Assault Crisis Line

204-786-8631 or 1-888-292-7565

TTY 204-784-4097

Manitoba Farm, Rural & Northern Support Services

supportline.ca - online counselling

1-866-367-3276 (hours Mon-Fri 10 am to 9 pm)

First Nations and Inuit Hope for Wellness Help Line

1-855-242-3310

Counselling available in English and French - upon request, in Cree, Ojibway, and Inuktitut

WRHA Mental Health Community Program Services
<https://sharedhealthmb.ca/services/mental-health/>

Mental Health

Co-occurring Disorders Outreach
Community Forensic Mental Health
Service
Crisis Response Centre
Crisis Stabilization Unit
RAAM Clinic
Winnipeg Mental Health Court

Contact

Mobile Crisis Service

 204-940-1781

Community Intake

 204-788-8330

ALSO:

- Anxiety Disorders Association of Manitoba (ADAM) support line for people experiencing COVID-19 anxiety. Hours are 9:00 a.m. to 9:00 p.m. Monday through Friday and 10:00 - 4:00 Saturday and Sunday. Number is 204 925 0040
- Seniors Information Line provides information on supports for seniors across the province. Call 204-945-6565 in Winnipeg; 1-800-665-6565 toll free; 8:30 a.m. to 4:30 p.m. weekdays.
- [Age & Opportunity: Support Services for Older Adults](#) is offering a social connection service during COVID-19.

The CMHA Service Navigation Hub will continue to operate via phone and email. You can contact the Hub directly at 204-775-6442 or email at: hub@cmhawpg.mb.ca
We apologize for any inconvenience this causes.

For information and fact sheets on COVID-19, you can access:

- Information on Anxiety and COVID-19 - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- Manitoba Health – information, fact sheets, and daily bulletins - <https://manitoba.ca/covid19/>
- Government of Canada – <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

If you are concerned about your health with respect to COVID-19, please contact Health Links at 204-788-8200 or toll-free at 1-888-315-9257 for screening and direction to a testing location. Shared Health Manitoba has launched new online screen tool (as of March 17, 2020) that can be accessed here: <https://sharedhealthmb.ca/covid19/screening-tool/>

<https://mbwpg.cmha.ca/news/cmha-manitoba-and-winnipegs-adapted-service-delivery-due-to-covid-19/>