

Community Supports and Services

The phone lines listed below offer support and information. They will not judge you. Don't worry if you don't know what to say. No matter which number you call, someone will help you! 1-800, 1-888, 1-877, all are FREE to call.

Crisis Lines:

Crisis Text Lines: text 686868 (24 hours)

Providing free confidential crisis intervention via SMS message

Klinic Crisis Line: 1-888-322-3019 or (204) 786-8686 (24 hours)

Provides counselling, support and information for people in crisis or distress.

Klinic Sexual Assault Crisis Line: 1-888-292-7565 or (204) 786-8631 (24 hours)

Counselling, information, support and advocacy concerning sexual assault.

Manitoba Suicide Line: 1-877-435-7170 (24 hours)

Counseling/info for people thinking about suicide or affected by another's thoughts/attempts of suicide.

Kids Help Phone: 1-800-668-6868 (24 hours)

Canada wide service providing information and support to youth.

Mobile Crisis: 204-949-4777 (24 hours)

Offer 24-hour crisis supports for youth for suicidal ideation, family conflict, coping. Can also link to additional brief stabilization and treatment supports

Child and Family Services (ANCR): 204-944-4200 (24 hours)

ANCR provides a range of emergency and non-emergency, protective and preventive services appropriate to support families.

Shelters:

McDonald Youth Services-Youth Resource Centre/Shelter: 204-477-1804 or 1-888-477-1804

A safe place for youth to stay overnight or short-term, where a warm bed and someone to listen are just the beginning. Staff welcome & work with youth to understand their personal situation & needs. The resource centre is available to youth on a walk-in basis around the clock & provides basic needs like food & a shower, counselling, advocacy & referrals for additional help & resources.

Ndinawe Safe House/Shelter: 204-586-2588

Ndinawe is an immediate and reliable place of safety, connection and support for youth during times of high risk when other resources are unavailable to them.

Counselling Services:

Youville Clinic: 204-255-4840

Offers counselling to youth and adults ages 14 and over. They accept self-referrals and walk-ins

Addictions Foundation of MB: General: 204-944-6200 **Youth:** 204-944-6235 **Women:** 204-944-6229;
Family: 204-944-6325

<https://afm.mb.ca/programs-and-services/> or youth@afm.mb.ca or womenandfamily@afm.mb.ca

offer a range of supportive services. Some specialized for young people 12 – 18 years of age, women, and families.

Klinik Community Health Centre

545 Broadway

Drop-in Counselling - free

Times subject to change. It is recommended to arrive a minimum of two hours prior to closing time. Please call the Drop-In Line, (204) 784-4067, for current times and site closures or e-mail at: dropin@klinik.mb.ca.

Trans Lifeline 1-877-330-6366 (check www.translifeline.org for hours)

Free hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have.

National Eating Disorders Helpline: 1-866-633-4220 (8am-8pm, Mon – Fri)

Counselling, information and support for people dealing with or affected by eating disorders and disordered eating.

Online Helpful Links:

<http://teentalk.ca> (youth health education)

www.rainbowresourcecentre.org (LGBTQ resource)

www.stresshacks.ca (mental health wellness, stress, support)

www.youville.ca (health promotion, counselling)

<https://needhelpnow.ca/app/> (internet safety resource)

www.kidshelpphone.ca (24 hour counselling)

www.mindyourmind.ca (mental health information)

www.anxietybc.com (anxiety information and support)

www.serc.mb.ca (sexuality education)