

Provincial Trauma/Mental Health Supports

Provincial Trauma and Crisis Services

- Klinik Crisis Line: 204-786-8686 or 1-888-322-3019
- Klinik Drop-In Counselling - Starts at noon Monday to Saturday (first-come, first served)
- Klinik Trauma Recovery Counselling: email counsellingintake@klinik.mb.ca or call the intake line at 204-784-4059
 - Counselling sessions are available virtually, by phone, or in-person
 - No cost to access, based on self-referral for those 18 and older

Support for Children and Youth

- Kids Help Phone – provides free, 24/7 e-mental health services to young people in Canada. Services include clinically based self-directed tools, health promotion and mental illness interventions, activities, crisis support services and professional counselling and community-based resource referrals.
 - Call 1-800-668-6868 or text CONNECT to 686868 for immediate support, or visit [Get support with these mental health resources - Kids Help Phone](#)
 - Indigenous individuals can also connect with an Indigenous volunteer crisis responder by texting FIRST NATIONS, INUIT, OR METIS to 686868 for youth, and 741741 for adults.
- The Link - The Link works to nurture strong and resilient youth and families by fostering connections, wellness, relationships, and independence. The Link offers various programming and a 24hr Crisis Line: 204-949-4777 or 1-888-383-2776
- Strongest Families Institute - offers evidence-based, bilingual mental health services for children/youth, adults, and their families when and where they need it. Programs to help children and youth overcome anxiety include Chase Worries Away (ages 6-11) and Defeat Anxiety (ages 12-17). Visit: [Strongest Families Institute : Strongest Families Institute](#)
- RaY (Resource Assistance for Youth) - provides free resources and programs for anyone 29 and under who needs assistance. This includes online mental health and addictions supports through RaY Wired. Visit: [Mental Health and Addictions - RaY \(rayinc.ca\)](#)
- Huddle - community-based spaces where youth can feel safe to seek help without judgement. Huddles offer integrated youth services such as health care, mental health and addictions supports, youth services, community events, and other useful resources to help make young people feel better. There are six Huddles located in Winnipeg, Brandon, and Selkirk at. Specific locations and hours can be found at: [Find a Location | Huddle \(huddlemanitoba.ca\)](#)

Support for Schools and School Staff

- Project 11 - provides classroom-ready programming at no cost to Manitoba teachers to support mental health awareness for students. Programming aims to help students develop the understanding that they can positively influence their own mental wellness by learning skills and adopting healthy coping strategy into their lives. Visit: [Welcome to Project 11 - Project 11 : Project 11 \(projecteleven.ca\)](#)
- Thrival Kits - shoebox sized kits that students fill with small, meaningful items as they complete classroom challenges and activities throughout the year. Activities are focused on mental health promotion. The daily practices protect and promote mental well-being. Visit: [Thrival Kits™ - Mental Health Promotion Kits for Students](#)

- Care for All in Education - a digital mental health and wellness resource and a dedicated team of wellness support specialists to assist all who work in education in connecting with programming and services. Visit [About Us - Care For All In Education](#)

Resources for First Responders and Health Care Workers

- Critical Incident Stress Management is available for Emergency Response Staff through the Shared Health Employee Assistance Program (EAP) (virtual and in-person options available). To access EAP resources please contact Manitoba Blue Cross at 204-786-8880 or 1-800-590-5553
- The Manitoba Office of the Fire Commissioner supports the Manitoba Critical Incident Stress Management (CISM) Network. There are seven CISM teams throughout rural/Northern Manitoba (available to volunteer, paid call and career firefighters) including in PMH. The CISM Team 24-hour emergency hotline is 1-888-389-3473.
- OSI-CAN Manitoba provides peer support to first responders and their family members to assist with well-being and recovery. More information can be found at [Osi-Can Manitoba | Support Group \(osicanmb.ca\)](#)
- Cognitive Behaviour Therapy with Mindfulness (CBTm) is available specifically for health care workers to improve mental well-being. More information is available at [Healthcare Workers - Cognitive Behaviour Therapy with mindfulness \(CBTm\)](#)
- CBTm also offers a Public Safety Personnel, Military & Veterans program to support coping with trauma, highlighting responses to stressors, and helpful vs. unhelpful responses to stress. More information available at [First Responders, Public Safety & Military - Cognitive Behaviour Therapy with mindfulness \(CBTm\)](#).
- Wounded Warriors offers fee-for-service resources to frontline service workers. This includes resources on Trauma Resiliency, Couples Resiliency, Surviving Spouses, Kids Camp, PTSD service dogs as well as other individual services. More information is available at [Trauma Resiliency Program - TRP | Wounded Warriors Canada](#)

Supports for Public Servants

- Employee and Family Assistance Program (EFAP) at 204-945-5786 in Winnipeg, or visit [Public Service Commission | Employee and Family Assistance Program \(EFAP\) \(manitoba.ca\)](#)

Support for All Manitobans

- Manitoba Farm, Rural & Northern Support Services: 1-866-367-3276 or visit [Klinic Counselling - Manitoba Farm, Rural & Northern Support Services \(supportline.ca\)](#)
- First Nations & Inuit Hope for Wellness Help Line: 1-855-242-3310
- Canadian Mental Health Association – general service navigation phone line: 204-775-6442.
- Free counselling and other supports are available for all Manitobans through Strongest Families Institute, Wellness Together Canada, and CBTm. To find out more, visit [Care for Your Mental Health | Mental Health and Community Wellness | Province of Manitoba \(gov.mb.ca\)](#)
- Shared Health also has a variety of mental health supports available, more information is available at [Mental Health - Health Providers - Shared Health \(sharedhealthmb.ca\)](#)
- 211 helps connect people with the information and services including mental health and addictions supports. <https://mb.211.ca/>