

Mental Health and Well-Being Resources for Students, Parents, Staff and Community Members

Frequently accessed resources in Winnipeg:

- CMHA Winnipeg Phone Line – 204-982-6100
- [WRHA Mobile Crisis Service](#) (24hrs for adults 18 years old +) – 204-940-1781
- [WRHA Crisis Stabilization Unit](#) – 204-940-3633
- [Klinik Crisis Line](#) – 204-786-8686
- [Klinik Sexual Assault Line](#) – 204-786-8631
- [Manitoba Suicide Line](#) – 204-784-4089 or 1-877-435-7170
- [Sara Riel – Seneca Respite](#) – 204-231-0217
- Seneca Help Line (7 p.m. – 11 p.m. only) – 204-942-9276
- [Mood Disorders Association of Manitoba](#) – 204-786-0987
- [Anxiety Disorders Association of Manitoba](#) – 204-925-0600
- [Manitoba Schizophrenia Society](#) – 204-786-1616
- [Learning Disabilities Association of Manitoba](#) – 204-774-1821
- [WRHA Community Mental Health Services](#) – 204-788-8330
- Centralized Intake for Child and Adolescent Mental Health Program – 204-958-9660
- [Health Links](#) – 204-788-8200
- [Family Doctor Connection](#) – 204-786-7111
- [Addictions Foundation of Manitoba](#) (24 hours) – 204-944-6200
- [Youth Crisis Stabilization System](#) – 204-949-4777 or 1-888-383-2776
- [Kids Help Phone](#) (24hrs) – 1-800-668-6868
- Teen Talk (non-crisis)- 204-784-4010
- Winnipeg Police Non-Emergency- 204-986-6222
- Winnipeg Harvest- 204-982-3660

Other Resources:

- Free drop-in counselling support: <http://klinik.mb.ca/in-person-counselling/klinik-drop-in-counselling/>
- [BeWell Winnipeg: Mobile App](#)
- Mindshift App: <http://www.anxietybc.com/resources/mindshift-app>
- Calm In the Storm App: <http://calminthestormapp.com/>
- Breathe2Relax app: <https://apps.apple.com/ca/app/breathe2relax/id425720246>
- Working Through It (videos): <http://www.mooddisorders.ca/programs/in-the-workplace/working-through-it>
- How to build resilience in our children and youth:
http://www.camh.ca/en/education/teachers_school_programs/resources_for_teachers_and_schools/growing_up_resilient_ways_to_build_resilience_in_children_and_youth/Pages/growing_up_resilient_ways_to_build_resilience_in_children_and_youth.aspx
- Mindful Videos: <http://www.mindful.org/category/video/>
- Suicide Prevention <http://www.thelifelinecanada.ca/>