

Call or Text Support & Info



Canadian Mental Health Association:

- Local (Thompson) Self Help 204-677-6056

MB Schizophrenia Society

- Local (Thompson) 204-677-6056
- Provincial 1-800-263-5545

Eating Disorders Helpline

- 1-866-633-4220 (10am-6pm M-Th & 10am-4pm F) or Chat online: NEDIC.ca (8am-8pm M-Th & 8am-4pm on Friday)

Crisis/Support Lines: (24/7)

- Sexual Assault Crisis Line 1-888-292-7565
- Seniors Abuse Support Line 1-888-896-7183
- Gambling Helpline 1-800-463-1554
- Deaf Access Counseling TTY: 204-784-4097
- Thompson Crisis Center 204-778-7273

MB parent Line: 1-877-945-4777 (8am-8pm M-F)

Child Protection:

If you think a child is being harmed/neglected, call:

- CFS at: 1-866-345-9241
- Crisis/emergency line 24/7: 204-944-4050

Sexual Assault./Exploitation/Partner Violence

Sexual Assault Crisis Line: 1-888-292-7565

Trafficking Hotline: 1-833-900-1010 (24/7)

Hurt in a relationship? 1-877-977-0007

Thompson Crisis Centre: 204-778-7273



**Thompson
RCMP**

204-677-6911

Crimestoppers

1 (800) 222-8477

Always Anonymous

**Thompson Fire
& Ambulance**

204-677-7911



MANITOBA
**Farm Rural
& Northern
Support Services**

LIVE CHAT:
supportline.ca

CALL TOLL FREE:
1-866-367-3276

Free, confidential telephone & online counselling for all ages.

Klinik
Community
Health Program

No matter what the issue, support for anyone of any age, from anywhere in MB
Call: 1-866-367-3276
Chat: supportline.ca
(Monday to Friday 10 AM to 9 PM)

MB Suicide Prevention & Support Line (24/7)



- If you are struggling with suicidal thoughts or feelings
- Concerned about someone else
- Grieving a suicide loss or impacted by a suicide attempt

Call Toll free: **1-877-435-7170**



Crisis Services Canada

24/7 Suicide Prevention

Call or Text options available in Canada.
Telephone support: Call 1-833-456-4566

Call: 1-800-668-6868

Text to: 686868

Check out their FREE app: **"Always There"**

Kids Help Phone



Crisis Line (24/7)

Support for people who are in crisis or struggling to cope.

Phone: (204) 786-8686

Toll free: 1-888-322-3019



**NORTHERN
HEALTH REGION**

Are you looking for Mental Health Information and/or Support?

Services and Supports within the
Northern Regional Health Authority:
Thompson and Area

Community Mental Health Intake
(Adult and Child/Adolescent services)
204-677-5350

Mobile Crisis Services for Youth
(services for youth 17 yrs and younger)
Thompson local 204-778-1472
*Toll Free 1-866-242-1571

Hope North Recovery Centre for Youth
(services for youth 17 yrs and younger)
204-778-9977

Emergency/Crisis Service After Hours
Thompson General Hospital
204-677-2381

**Mental Health Promotion, Training,
Presentations and Information**

Also: for copies of this pamphlet or to suggest edits: 204-778-6513 ext 222

April 2020



AFM Thompson

204-677-7300 (M-F 8:30-4:30)

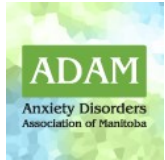
RAAM Clinic: Thompson

Tues 9:30am -12:00 noon & Thurs 1-4 pm

Provincial Addictions Helpline 1-855-662-6605

Email: MBAdditionHelp@afm.mb.ca

Gambling Helpline (24/7) 1-800-463-1554



Anxiety Disorders Association of MB

Thompson Peer Support

Call or Text: 431-754-6720
(Monday to Friday 1-4pm)

Provincial Outreach & Support

Call: 204-925-0040 or 1-800-805-8885
if you would like to chat or feeling anxious

Mood Disorders Association of MB



Provincial Peer Support:

Call: 1-800-263-1460

Or email:

peersupport@mooddisordersmanitoba.ca

(M-F 9am-4pm Sat-Sun 10AM-4PM)

Postpartum Warmline: Call or Text
204-391-5983 (Hours 9am-9pm M-Sun)

*Helping people
help themselves*

Naseeha Muslim Youth Helpline



Peer support helpline to listen to and be there for youth experiencing personal challenges

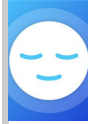
Helpline: 1 (866) 627-3342 (NASEEHA)
Available 7 days a week (11am-8pm in MB)

Textline: 1 (866) 627-3342 (NASEEHA)
Monday to Friday Only

Cool Apps!



“Calm in the Storm” is a free App created to help cope with the stressors of life.



“MindShift” is a free app that helps you cope with anxiety. There are things you can do to stop anxiety & fear from controlling your life.



Support & survivor services to those impacted by impaired driving. Phone, text, chat support & online groups options
Website: <https://madd.ca>
In Manitoba, Call: 1-866-461-4077



Rainbow Resource Centre

Free phone counselling for members of the 2SLGBTQ+ community of all ages, families, friends & loved ones as well.

Email to setup appointment:
info@rainbowresourcecentre.org

Trans Lifeline: 1-877-330-6366

Hotline for transgender people in crisis. Including people who may be struggling with gender identity or not sure if transgender (hours may vary as volunteers available)

LGBTQ+ Resource: Pflag Canada
Support, info & resources to gay, lesbian, bisexual, transgender or questioning people & their family and friends

Call 1-888-530-6777 ext 226 (24/7)
Or email gender@pflagcanada.ca

Health Links Info Santé (24/7)

Answers to your health care questions:
1-888-315-9257

Indigenous Specific Resources

HOPE For Wellness Line

Speak to a counselor about anything.

You can request services from: Male or Female, Cree, Ojibway, Inuktitut, English & French

Call: 1-855-242-3310
or connect to online chat:
hopeforwellness.ca



Residential School Crisis Line: Support & Crisis Services 1-866-925-4419 (24/7)

60s Scoop Peer Support Line:(8am-8pm) Listening & support 1-866-456-6060

Jordan's Principle - First Nations child need services? 1-800-567-9604

MKO Mobile Crisis Response Team
1-844-927-5433 or check out their many services at: <https://mkonation.com/>



Youthspace
Emotional support to persons 30 yrs & under
Text to: (778) 783-0177
Or Chat:
at www.youthspace.ca
(8pm-2am in MB)

Parents' Helpline PLEO

Speak with a Family Peer Supporter. They help parents of children (up to 25yrs) facing mental health challenges 1-855-775-7005