

## Free Crisis, Peer Support and Counseling Support During Covid-19

### Crisis Services (24/7)

<b>Manitoba Suicide Prevention &amp; Support Line</b>	1-877-435-7170
<b>Klinic Sexual Assault Crisis Line</b>	204-786-8631
	1-888-292-7565
<b>Klinic Crisis Line</b>	204-786-8686
	1-888-322-3019
<b>Mobile Crisis Service</b>	204-940-1781
<b>Macdonald Youth Services</b> (youth/parents)	204-949-4777
<b>Kids Help Phone</b>	1-800-668-6868

### Peer Support Lines

<b>Seneca Warm Line (24/7)</b>	204-947-9276
	204-231-0217
<b>Anxiety Disorders Assoc of Manitoba (ADAM)</b> (Mon-Fri 9-5pm)	204-925-0040
<b>Elmwood Community Resource Centre</b> (Mon-Fri 10-6pm)	431-275-2290
<b>Nor'West Community Health, Youth Quaranteen</b>	204-792-2277
<b>Canadian Mental Health Assoc (CMHA)</b>	204-982-6100
<b>Mood Disorders Association of Manitoba (MDAM)</b>	204-786-0987
<a href="http://www.mooddisordersmanitoba.ca/">http://www.mooddisordersmanitoba.ca/</a>	
<a href="https://www.facebook.com/MoodDisordersMB/">https://www.facebook.com/MoodDisordersMB/</a>	

### Counselling

**Addictions Foundation of Manitoba (AFM)** 204-944-6334 or 1-855-662-6605  
phone counselling for people or family members struggling with addictions.  
<https://afm.mb.ca/>

**Anxiety Disorders Association of Manitoba (ADAM)** 204-925-0600  
<http://www.adam.mb.ca/blog/adam-s-new-support-line-info>

**Aulneau Renewal Centre** 204-987-7090 counselling or wellness check-in  
<https://aulneau.com/covid-19-update/>

**Blue Cross Grief Counselling** 204-786-8880 up to 3 counselling sessions for Manitobans who have experienced a loss during COVID-19.

**Canadian Mental Health Association (CMHA)** Navigation Hub 204-775-6442 or [hub@cmhawpg.mb.ca](mailto:hub@cmhawpg.mb.ca), assistance navigating adult mental health supports.

**Family Dynamics** 204-947-1401 for individuals and families

**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

**Macdonald Youth Services (MYS)** 204-949-4777 or 1-888-383-2776 phone counselling for youth & parents

<https://www.mys.ca/services/youth-crisis-services>

**Manitoba Adolescent Treatment Centre (MATC)** 204-958-9660 centralized mental health intake for children and youth <https://matc.ca/>

**Manitoba Farm, Rural & Northern Support** 1-866-367-3276

Mon-Fri, 10 am to 9 pm

**Manitoba Government**, short-term online Cognitive Behavioural Therapy (16+)

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

**Nor'West Co-op Community Health** 204-938-5900 phone counselling,

**Nor'West Co-op Community Health, Youth Hub** 204-221-9800 phone counselling (ages 14-24)

<https://norwestcoop.ca/about-us/in-the-news/norwest-community-health-suspended-services/>

**North End Women's Center** 204-589-7347

**Rainbow Resource Centre** 204-474-0212 or 1-855-437-8523 phone counselling for 2SLGBTQ+ people and their partners, parents, families

<https://rainbowresourcecentre.org/news/2020/update-from-rainbowresource-centre>

**Sara Riel** 204-237-9263 phone or online counselling; support for people facing employment and financial challenges (18+)

<https://www.sararielinc.com/language/en/home/>

**Women's Health Clinic** 204-947-1517 phone counselling for individuals who identify as women (13+)

<https://womenshealthclinic.org/covid19/>

**Youville Community Health Centre** 204-255-4840 phone counselling (13+). <https://www.youville.ca/health-centre/counselling>

**Parent Line** <http://www.manitobaparentzone.ca>