

Mental Health & Wellness

Klinic Crisis Line

The Klinic Crisis Line provides free and confidential counselling, support and referrals for people who are suicidal, in crisis or struggling to cope.

204-786-8686 or 1-888-322-3019

TTY 204-784-4097

Manitoba Suicide Prevention & Support Line

The Manitoba Suicide Prevention & Support Line is for people who are struggling with suicidal thoughts or feelings, concerned about a friend, family or co-worker, impacted by a suicide loss or suicide attempt.

1-877-435-7170 (1-877-HELP170)

For resources please see links:

<https://www.southernhealth.ca/assets/Finding-Care/Suicide-Prevention-Handbook.pdf>

<https://reasantolive.ca/>

Kids Help Phone (national line available to Manitoba Youth)

Kids Help Phone provides online and telephone counselling and volunteer-led, text-based support in English and French to youth across Canada. Kids Help Phone also provides information on how to access community support services for youth.

1-800-668-6868

Klinic Sexual Assault Crisis Line

The Klinic Sexual Assault Crisis Line provides support to anyone 12 and up who have experienced sexual assault.

204-786-8631 or 1-888-292-7565

TTY 204-784-4097

Manitoba Farm, Rural & Northern Support Services

Manitoba Farm, Rural & Northern Support Services provides telephone and online counselling to farmers, rural and northern Manitobans.

supportline.ca - online counselling

1-866-367-3276 (hours Mon-Fri 10 am to 9 pm)

Southern Health-Santé Sud

Crisis Services number:
1-888-617-7715

Mental Health:

southernhealth.ca/en/finding-care/

Southern Health-Santé Sud

Web: southernhealth.ca

Wellness Together Canada

Mental health and substance use support - Always free and virtual, 24/7.
<https://www.wellnesstogether.ca/en-CA>

Carman Wellness Connections

Carman Wellness Connections is a non-profit organization working to address poverty and promote wellness in Carman and surrounding area.

<https://www.carmanwellnessconnections.ca/>

First Nations and Inuit Hope for Wellness Help Line

The Hope for Wellness Help Line offers immediate help to all Indigenous peoples across Canada. Available 24/7 to offer counselling and crisis intervention available in English and French - upon request, in Cree, Ojibway, and Inuktitut.

1-855-242-3310