

Online and phone psychological services in Winnipeg

This resource includes:

- Crisis lines
- Counselling and peer support resources (free and in sliding-scale)
- Free mindfulness meditations apps

Crisis Lines:

Note: All of the following lines work 24/7 unless indicated otherwise.

- **Canadian Mental Health Association Crisis Services:** Toll free 1-888-617-7715
- **Crisis services Canada** (Ontario- based): Toll free 1-733-456-4566
Or www.crisisservicescanda.ca
- **Crisis Response Centre:**
Mobile crisis service: 204-940-1781 Community intake: 204-788-8330
- **Klinic Crisis Line:** ph: (204) 786-8686 Toll free: 1-888-322-3019
- **Kids Help Phone:** text/ call 1-800-668-6868 or visit <https://kidshelpphone.ca/>
- **Ma Mawi wi Chi Itata Centre** (Indigenous): Emergency kits delivered to your home, including food, baby supplies, and basic toiletries Contact:
McGregor location: 204-925-0330 or 204-9256816
Spence location: 204-925-0352 or 204-925-0348
- **Manitoba Suicide Prevention & Support Line:** Toll free: 1-877-435-7170
- **McDonald's Youth Services (MYS):** 204-949-4777 Toll Free: 1-888-383-2776
- **Sexual Assault Crisis Line:** 204-786-8631 Toll free: 1-888-292-7565
- **Trafficking Hotline:** Toll Free: 1-844-333-2211
- **Wahbung Abinooonjiiag** (Indigenous): Mon-Fri 9am to 5pm.
Call: 204-935-4610 or 4310554-8385
- **Willow Place:** For family violence crisis. 204-615-0311 Toll free 1-877-977-0007
- **Winnipeg Regional Health Authority (WRHA):**
 - WRHA Mobile Crisis Service – 204-940-1781
 - WRHA Mobile Crisis Service TTY Deaf Access Line – 204-779-8902
 - WRHA Crisis Stabilization Unit – 204-940-3633
 - WRHA Crisis Stabilization Unit TTY Deaf Access Line – 204-957-7101

Free counselling and peer support:

- **ADHD Peer support meetings:** Mondays at 6:30pm online through www.global.gotomeeting.com/join/412037549
- **Addictions Foundation of Manitoba:** MB Addictions Helpline at 1-855-662-6605
- **Aulneau Renewal Centre:** (French-English bilingual)
 - Wellness checks: We are facilitating wellness checks to help address any anxiety you may have due to COVID-19. Via a phone call, you will have access to a counsellor who can help you look at coping tools and resources to help you and your family during this difficult time. This service is free for all clients and community members. You do not need to be a client at Aulneau Renewal Centre for this service.
 - Call (204) 947-7090 and leave your name and phone number and a counsellor will call you back.
 - Intakes are still open for sliding scale counselling services. Fill the intake form online at www.aulneau.com. Currently Aulneau is offering phone and video sessions.
- **Canadian Mental Health Association (CMHA):** Winnipeg Phone Line – 204-982-6100
- **Critical Incident Reporting and Support Line (24/7):** Ph: 204-788-8222
- **Family Dynamics:** ph: 204-947-1401
 - In-person services still provided for those who do not have symptoms of illness and have not travelled in the past 14 days
 - Behavior support, counselling, family support for refugees, in home family supports
 - Also great resources for the entire family on their Facebook page
- **First Nations and Inuit Hope for Wellness Help Line:** Toll Free 1-855-242-3310
 - Counselling available in English and French. Upon request, counselling available in Cree, Ojibway, and Inuktitut.
- **Gambling Helpline (24/7):** Toll free: 1-800-463-1554
- **Klinik Community Health Centre:** General inquiries at (204)-784-4090
- **Jewish Child and Family Counselling Services** (open to all faiths, cultural groups and ages): 204-477-7430
 - Currently serving by appointment only. Phone services available and payments in a sliding scale format
- **Learning Disabilities Association of Manitoba:**

- For general information call: 204-786-0987
- Help lines: 204-560-1464; 204-560-1461; 204-560-1466
- **Manitoba Farm, Rural & Northern Support Services:** Monday to Friday: 10am – 9pm
ph: 204-571-4180 Toll free: 1-866-367-3276 or online at www.supportline.ca
- **Manitoba Schizophrenia Society:** 204-786-1616
 - Talk to a peer support worker. Leave a message and they will call you back
- **McDonald's Youth Services (MYS):** Phone counselling by appointment Mon-Fri 10am to 3pm
 - Call 1-844-452-0551 or email familynavigator@mys.mb.ca to book.
 - 24/7 confidential support for youth by texting MYS to 1-800-686868
 - General questions about current services available at 204-477-1804
- **Mood Disorders Association of Manitoba:**
 - Baby Blues & Better Days warm line (peer support for post partum depression) 1pm to 9pm, 7 days a week, text or call: 204-391-5983
- **Mount Carmel Clinic:**
 - Phone counselling available for North End residents through 204-589-9477
- **North End Women's Centre:** 204-589-7347 for information about counselling services
 - Good resources and information through Facebook
- **Recovery of Hope:** Offering appointments through video-conference or telephone whenever possible
 - Book by calling 204-477-4673, 866-493-6202, or emailing info@recoveryofhope.ca
- **Sara Riel – Seneca Respite:**
 - General information at 204-231-0217
 - Seneca Warm Line (peer support, 24/7): 204-942-9276
- **Seniors Abuse Support Line (9am – 5pm):** Toll free: 1-888-896-7183
- **West Central Women's Resource Centre:** Emergency domestic violence and housing support over the phone and in person (max. 3 clients inside the centre at a time). Call at 204-774-8975
- **Worker's Compensation Board Distress Line (24/7):** Phone: (204) 786-8175
Toll free: 1-800-719-3809

- **Winnipeg Regional Health Authority (WRHA) Community Mental Health Services:** General information at 204-788-8330

Free mindfulness and meditation apps

- **Smiling mind** – mindfulness meditations for children and adults.
- **Insight timer** – mindfulness meditations and soothing background music, meditations available in 42 languages.
- **Calm in the storm** – available for iPhones only
- **Stop, Breathe, Think** – 34 free meditations and a kid's friendly version available