



Province Wide Crisis Lines

In the event of an emergency that involves fire, ambulance or police services, call **911**.

<u>Manitoba Suicide Prevention & Support Line</u>	1-877-435-7170 (1-877-HELP170)
<u>Klinic Crisis Line</u>	1-888-322-3019 or 204-786-8686
<u>Health Links-Info Santé</u>	1-888-315-9257 or 204-788-8200
<u>Kids Help Phone (national line available to Manitoba Youth)</u>	1-800-668-6868
<u>Klinic Sexual Assault Crisis Line</u>	1-888-292-7565 or 204-786-8631
<u>Manitoba Farm & Rural Support Services</u>	1-866-367-3276 or 204-571-4180
<i>Note: Crisis Chat available at supportline.ca</i>	
<u>First Nations and Inuit Hope for Wellness Help Line</u>	1-855-242-3310

Mental Health & Addiction

<u>Manitoba Addictions Helpline</u>	1-855-662-6605
<u>Gambling Helpline</u>	1-800-463-1554

Abuse & Assault

<u>Domestic Violence Hotline Manitoba</u>	1-877-977-0007
<u>Human Trafficking Hotline</u>	1-844-333-2211

Children & Parenting

<u>Pregnancy Crisis Centre of Winnipeg</u>	1-800-665-0570 or 204-772-2828
<u>Manitoba Parent Line</u>	1-877-945-4777 or 204-945-4777

People with Disabilities

<u>Deaf Access Counselling</u>	TTY: 204-784-4097
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Other Health Related Phone Lines

<u>Dial-a-Dietitian</u>	1-877-830-2892 or 204-788-8248
<u>Family Doctor Finder</u>	1-866-690-8260 or 204-786-7111
<u>Workers' Compensation Board Distress Line</u>	1-800-719-3809 or 204-786-8175
<u>Manitoba Poison Centre</u>	1-855-776-4766 (1-855-7POISON)





Region-Specific Crisis Lines

Winnipeg

<u>Youth Crisis Stabilization Services</u>	1-888-383-2776 or 204-949-4777
<u>Winnipeg Mobile Crisis Service</u>	204-940-1781
<u>Crisis Stabilization Unit</u>	204-940-3633

Interlake-Eastern Regional Health Authority

<u>24 hour Crisis Line</u>	1-866-427-8628 or 204-482-5419
Mobile Crisis Services.....	1-877-499-8770 or 204-482-5376
Crisis Stabilization Unit.....	1-888-482-5361 or 204-482-5361

Northern Health Region

Thompson Youth (17 and under) Mobile Crisis Team.....	1-866-242-1571
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Prairie Mountain Health South District (former Brandon, Assiniboine)

<u>Adult Crisis Line</u>	1-888-379-7699
<u>Youth Under 18 crisis line 24/7</u>	1-866-403-5459
Crisis Stabilization Unit	1-855-222-6011 or 204-727-2555
Mobile Crisis Services	204-725-4411

Prairie Mountain Health South District North District (former Parkland)

<u>Adult and Youth Crisis Line</u>	1-866-332-3030
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Southern Health-Santé Sud

<u>East of Red River – Crisis Response Services/Warm Call line</u>	1-888-617-7715
<u>West of Red River – Crisis Response Line</u>	1-866-588-1697
Crisis Stabilization Unit	1-855-320-1096

