



## Emergency Helplines

### Province Wide Crisis Lines

<a href="#"><u>Manitoba Suicide Prevention &amp; Support Line</u></a> .....	1-877-435-7170 (1-877-HELP170)
<a href="#"><u>Klinik Crisis Line</u></a> .....	1-888-322-3019 or 204-786-8686 or TTY: 204-784-4097
<a href="#"><u>Health Links-Info Santé</u></a> .....	1-888-315-9257 or 204-788-8200
<a href="#"><u>Kids Help Phone (national line available to Manitoba Youth)</u></a> .....	1-800-668-6868
<a href="#"><u>Klinik Sexual Assault Crisis Line</u></a> .....	1-888-292-7565 or 204-786-8631
<a href="#"><u>Manitoba Farm &amp; Rural Support Services</u></a> .....	1-866-367-3276 or 204-571-4180
<i>Note: Crisis Chat available at supportline.ca</i>	
<a href="#"><u>First Nations and Inuit Hope for Wellness Help Line</u></a> .....	1-855-242-3310
<a href="#"><u>Human Trafficking Hotline</u></a> .....	1-844-333-2211
<a href="#"><u>Manitoba Poison Centre</u></a> .....	1-855-776-4766 (1-855-7POISON)

### Region-Specific Crisis Lines

#### Winnipeg

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

#### Interlake-Eastern Regional Health Authority

<a href="#"><u>24 hour Crisis Line</u></a> .....	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

<a href="#"><u>Adult Crisis Line</u></a> .....	1-888-379-7699
<a href="#"><u>Youth Under 18 crisis line 24/7</u></a> .....	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)

<a href="#"><u>Adult and Youth Crisis Line</u></a> .....	1-866-332-3030
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#### Southern Health-Santé Sud

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





Manitoba<sup>®</sup>

Help starts here.

Addictions

[Manitoba Addictions Helpline](#) ..... 1-855-662-6605  
[Gambling Helpline](#) ..... 1-800-463-1554

Abuse & Assault

[Domestic Violence Hotline Manitoba](#) ..... 1-877-977-0007

Child Abuse

[ANCR Emergency After Hours Service](#) ..... 1-888-945-2627 or 204-944-4050

Children & Parenting

[Pregnancy Crisis Centre of Winnipeg](#) ..... 1-800-665-0570 or 204-772-2828  
[Manitoba Parent Line](#) ..... 1-877-945-4777 or 204-945-4777

Non-Emergency Helplines

[Dial-a-Dietitian](#) ..... 1-877-830-2892 or 204-788-8248  
[Family Doctor Finder](#) ..... 1-866-690-8260 or 204-786-7111  
[Workers' Compensation Board Distress Line](#) ..... 1-855-954-4321 or 204-786-8175

