




Navigating Mental Health Services in My Community

| Resource | Description | Contact | Time/Location |
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| Mental Health Emergency Services | | | |
| 911 or Boundary Trails Health Centre (BTHC) ER Department | If someone is in imminent risk of hurting him/herself or others, call 911 or report to the ER | 911 204-331-8800 (main phone line for BTHC) | 24/7 |
| Mental Health Liaison Worker | When reporting to the ER, there will be a mental health liaison worker available to speak with you | 204-331-8800 (main phone line for BTHC) | Boundary Trails Health Centre ER |
| Doctor's Office Services | | | |
| Doctor referral | Doctors can make referrals for psychiatry or counselling. Doctors also prescribe medication for mental illness. | C.W. Wiebe Medical Centre in Winkler: 204-325-4312 Agassiz Medical Centre in Morden: 204-822-4474 | C.W. Wiebe: 385 Main St. Winkler Agassiz Medical Centre: 130-30 Stephen St. Morden |
| Shared Care Clinicians or Social Worker | C.W. Wiebe and Agassiz Medical Centre have counsellors and social workers on staff to meet with patients for free. Must be referred by a doctor. | C.W. Wiebe Medical Centre in Winkler: 204-325-4312 Agassiz Medical Centre in Morden: 204-822-4474 | C.W. Wiebe: 385 Main St. Winkler Agassiz Medical Centre: 130-30 Stephen St. Morden |
| Crisis Lines | | | |
| You do not need to be in a crisis to call a crisis line. If you are unsure who to call or where to go, a crisis line can help you navigate your options. If you don't have this information with you, you can also call the Operator (0) and explain your situation and they will put you in touch with someone. | | | |
| Southern Health Mental Health Crisis Line | | 1-888-617-7715 | 24/7 |
| Manitoba Farm, Rural, and Northern Support Services | | 1-866-367-3276 | 24/7 |
| Klinik Crisis Line | | 1-888-322-3019 | 24/7 |
| Klinik Sexual Assault Crisis Line | | 1-888-292-7565 | 24/7 |
| Manitoba Suicide Prevention & Support Line | | 1-877-435-7170 | 24/7 |
| Kids Help Phone | National line available to Manitoba Youth. | 1-800-668-6868 | 24/7 |
| Genesis House Crisis Line | Crisis line for women and men experiencing abuse. | 1-877-977-0007 | 24/7 |
| First Nations and Inuit Hope for Wellness Help Line | Counselling available in English and French - upon request, in Cree, Ojibway, and Inuktut. | 1-855-242-3310 | 24/7 |
| Post-partum Depression Texting Line | A texting line for women experiencing post-partum depression. | 204-391-5983 | Everyday 9am – 9pm |

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| Crisis Chat Line | Online counselling support line. | supportline.ca - online counselling | Monday-Friday 10am-9pm |
| Treatment Centers/Housing | | | |
| Crisis Stabilization Unit | The CSU provides short-term, community-based intensive care and treatment for individuals in psychiatric or psychosocial crisis who may be at risk of hospitalization. | 1-855-320-1096 | 450 Main Street, Steinbach, MB |
| Child & Adolescent Treatment Centre | Services include mental health assessments and treatment, crisis stabilization, individualized treatment plans, individual, group and family therapy, and mental health education/promotion. | 1-866-403-5459 | Brandon, MB |
| Support Groups and Courses | | | |
| Anxiety Disorders Association of Manitoba – Anxiety Group | Support group for individuals who experience anxiety. | Tami Giesbrecht 204-304-0271 Email: central@adam.mb.ca | -Wednesdays, 1-2:30pm @ Winkler Library -1st and 3rd Monday of the month, 6:30-8pm @ Altona Hospital Board room |
| Mood Disorders Association of Manitoba | Support group for individuals who experience mood disorders. | http://www.mooddisordersmanitoba.ca/services/support-groups/ Kate Gale (204) 786-0987 Email: central@moodmb.ca | For details, call or email Kate. **Many support groups have moved online temporarily due to COVID-19** |
| Manitoba Schizophrenia Society – Group sessions and courses | Various courses and groups available. Contact Kim for more information. | 204-786-1616 Email: info@mss.mb.ca | 21 Loewen Blvd, Steinbach, MB |
| Eden Health Care Services - Community Choices | Drop-in programming run 5 days/week. Each month there are various activities such as bowling (\$3/month), cooking classes (\$2), and lots of free activities. You can receive the monthly calendar by email. Call for info. | 204-362-1538 | Various locations, office located at 1220 Pembina Ave, Winkler, MB |
| Addictions Services | | | |
| Addictions Foundation of Manitoba | | 204-822-1296 | 108B – 8th Street Morden, MB |
| SMART Recovery | Free mutual support meetings, open to anyone seeking science-based, self-empowered addiction recovery. | www.smartrecoveryte.st.org Sandra Carr sandra.smartrecovery@gmail.com | Thursdays, 7:15-8:15pm @ Winkler Library **temporarily moved online** |
| Adult and Teen Challenge | | Steve Kessik 204- 792-9277 | 390 1 st Street, Winkler, MB |
| Mennonite Addiction Services | Addictions counselling | David Wiebe: 204-362-8833 Jake Froese: 204-324-3045 | 309 Main Street, Winkler, MB |
| Alcoholics Anonymous | | 1-877-942-0126 | |

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| Manitoba Addiction Help Line | | 1-855-662-6605 | |
| Counselling Services | | | |
| You can check with your Human Resources department at your workplace for information on EAP coverage for counselling. You can also check with a local church for counselling coverage. | | | |
| Community Mental Health/ACCESS Line | Counselling services for seniors, adults, children, and adolescents that is covered by Manitoba Health. | 1-888-310-4593 | Various hours and locations. Call for details. |
| Recovery of Hope | Professional counseling services and educational opportunities for individuals, couples and families. | 1-866-493-6202 | Winkler, Altona, Steinbach, Portage la Prairie, and Winnipeg offices |
| Palm Tree Counselling | Counselling services for seniors, adults, and children. | Tamar Gordon Stoesz Palmtreewellnessca@gmail.com 431-774-0083 | 201 South Railway Ave Winkler, MB |
| Julia Stoesz Counselling | Counselling services for adults, seniors and couples. | Julia Stoesz juliastoesz.ca jtstoesz@gmail.com 204-312-7577 | 201 South Railway Avenue, Winkler, Manitoba |
| Open Skies Coaching and Counselling | Counselling services for seniors, adults, and children. | 204-362-8030 | 325 North Railway St, Morden, MB |
| Pembina Counselling Centre - | Counselling services for individual, couples and families. | Winkler: 331-3930 Morden: 822-6622 | Winkler and Morden offices |
| Life Switch Counselling | | 204-362-1330 | Winkler, MB |
| Central Plains Couns. - George MacDonald | Individual, family counselling | 204-745-3262 | Winkler and Carman offices |
| Klinik Drop-In Counselling | Klinik offers a free one-time drop-in counselling session via phone starting at 9am daily for individuals aged 13+. | 204-784-4090 | 870 Portage Ave, Winnipeg, MB |
| Food/Clothing Resources | | | |
| Winkler District Food Cupboard | Winkler area residents in need of food assistance may access the food bank once every 2 weeks and will receive approximately 12-15 pounds of food per person per visit. | 204-325-0257 | Central Station – 545 Industrial Drive, Winkler, MB Wednesdays, 9am-12pm |
| Community Meal | Free meal for anyone in the community. | 204-325-0257 | Central Station – 545 Industrial Drive, Winkler, MB Mondays at 5:30pm |
| Morden Food Bank | | thehubcommunitycentre@gmail.com | The Hub Community Centre – 363 Gilmour street (back door) Morden, MB Tuesdays 12:30-5pm |
| Caring and Sharing | Food hampers available with a referral from a local church. | Amy Friesen 204-822-1282 | |
| Many Hands Resource Centre | Free community meal once a month. | 204-823-1678 manyhandsrc@gmail.com | Morden Alliance Church – 181 15 th Street, Morden, MB 3rd Tuesday of the month 5:00-6:00pm |

| Housing | | | |
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| Eden Health Care Services – Housing Support Services | Assisting with securing and maintaining housing, Enns Court Apartments and Linden Place Residence. | 204-312-8718 housing@edenhealthcare.ca | 351 Main St, Winkler, MB |
| Central Station | Central Station oversees Winkler Affordable Housing and Manitoba Housing units in Winkler. | 204-325-0257 housing@winklercentralstation.ca | 545 Industrial Drive, Winkler, MB |
| Big Tree Properties | Property management in Winkler, Morden, Altona, and Plum Coulee. | 204-325-0295 | 205 Main St, Winkler, MB |
| On Point Property Management | Property management in Winkler, Morden, Plum Coulee, and surrounding Pembina Valley. | 204-325-5248 | 6-820 Triple E Blvd, Winkler, MB |
| Employment | | | |
| Segue Career Options | A supportive employment agency which aims to assist individuals who are employment-ready, however, facing challenges and barriers in their job searches to prepare for, obtain, and retain competitive employment. | 204-325-8988 | 309 Main St, Winkler, MB |
| Industry Training and Employment Services | Training and Employment Services. | 204-822-2857 | 1-160 Stephen St, Morden, MB |
| Regional Connections | Services include résumé development, interview skills, job readiness workshops, local job board, and job search area. | Winkler: 204-325-4059 Morden: 204-822-4387 | Winkler: 2-295 Perry St Morden: 34 Stephen St |
| Financial | | | |
| Each One Teach One | Financial Literacy courses presented by Access Credit Union. | Email: financialliteracy@accesscu.ca | Various locations |
| Community Financial Counselling Services | Free and confidential services to help find solutions to debt, reduce stress caused by debt, find alternatives to bankruptcy and so much more. | 1-888-573-2383 ext. 211 | Appointments held on the last Wednesday of each month at Central Station – 545 Industrial Drive, Winkler, MB |
| Phone Apps and Online Resources | | | |
| Headspace App |  | Learn to meditate and live mindfully: Hundreds of themed sessions on everything from stress and sleep to focus and anxiety . Bite-sized guided meditations for busy schedules. SOS exercises in case of sudden meltdowns | |
| Calm in the Storm App |  | Calm in the Storm helps you to identify, assess and track your own stress levels and provides easy-to-use and highly effective mind/body practices. **Only available on apple devices** | |
| Mindshift CBT App |  | Mindshift will help you learn how to relax, develop more helpful ways of thinking and identifying active steps that will help you take charge of your anxiety. | |
| https://mindyourmind.ca/ | | mindyourmind exists in the space where mental health, wellness, engagement and technology meet. We work with community partners and young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience. | |
| https://anxietycanada.com/ | | Expert tools and resources to help Canadians manage anxiety. | |