

Mental health resources: Manitoba

Name	Contact	Information	Location	Type of resource	Type of support	Target demographic	Serves adults (18+)	Serves children (0–12)	Serves youth (13–17)	Serves families	Language (s) spoken
A Woman's Place	204-940-6624	Offers counselling and support, safety planning, protection orders, legal consults and representation for women and children victim to domestic violence.	Manitoba	Telephone	Wellness support	Women and children	Yes	Yes	Yes	Yes	English
Canadian Mental Health Association Manitoba	cmhaacrossmb.ca	A navigation hub for Manitobans to find mental health services and education.	Manitoba	Navigation tool	Wellness support	General population	Yes	Yes	Yes	Yes	English
Cognitive Behaviour Therapy with Mindfulness	cbtm.ca	CBTm is an education program designed to improve mental health and build healthy skills.	Manitoba	Online service	Wellness support	General population	Yes	Yes	Yes	—	English
Crisis Response Centre	204-940-1781	Central point of access for adults experiencing a mental health crisis. Available 24/7.	Manitoba	Telephone	Crisis support	General population	Yes	—	—	—	English
Crisis Stabilization Unit	204-940-3633	Short-term, community-based supportive care and treatment for adults living in Winnipeg in psychiatric or psychosocial crisis who may be at risk of hospitalization.	Manitoba	Telephone	Crisis support	General population	Yes	—	—	—	English
Jewish Child and Family Service Manitoba	jcfswinnipeg.org/services/mental-health-support-services	Education on mental health and a program that aims to assist Jewish individuals with	Manitoba	Online service	Wellness support	Jewish population	Yes	Yes	Yes	Yes	English

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		mental health struggles.									
Klinic Crisis Line	204-786-8686 or 1-888-322-3019	24/7 crisis support.	Manitoba	Telephone	Crisis support	General population	Yes	—	—	—	English
Manitoba Indigenous Reconciliation: Supports and Resources	gov.mb.ca/inr/irs/resources.html	A list of healing centres, call lines, and other resources for Indigenous individuals in Manitoba.	Manitoba	Resource hub	Wellness support	Indigenous population	Yes	—	—	—	English
Manitoba Métis Federation Mental Health Wellness Support Line	1-833-390-1041 ext. 1	Mental health support line providing access to Métis counsellors and resources. Available daily from 7:00 a.m. – 11:00 p.m.	Manitoba	Telephone	Wellness support	Indigenous population	Yes	—	—	—	English
Manitoba Suicide Prevention & Support Line	1-877-435-7170	24/7 crisis phone line for Manitobans with suicidal thoughts or behaviours.	Manitoba	Telephone	Crisis support	General population	Yes	Yes	Yes	—	English
Mental Health and Wellness Resource Finder	sharedhealthmb.ca/services/mental-health/mental-health-and-wellness-resource-finder	Mental health, wellness, and addictions supports and resources.	Manitoba	Navigation tool	Wellness support	General population	Yes	Yes	Yes	—	English
MHERC Manitoba	mhrc.mb.ca	A website with downloadable fact and tip sheets, presentations, workshops, podcasts, blog posts, and a directory of community resources on mental health.	Manitoba	Resource hub	Wellness support	General population	Yes	—	—	—	English
Mood Disorders	moodmb.ca/peer-	Online and in-person	Manitoba	Online service	Peer support	General	Yes	—	—	—	English

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Association of Manitoba	support	peer support groups.		and in-person service		population					
OSI-CAN Manitoba	osicanmb.ca	A free, confidential, community-based Peer support initiative for Veterans, first responders and Public safety personnel.	Manitoba	Online service and in-person service	Peer support	Military members, Veterans and their families; public safety personnel and their families	Yes	—	—	Yes	English
Peer Connections Manitoba	peerconnectionsmb.ca	Aims to provide quality, value-based peer support and mental health education for Manitobans and their families dealing with mental health and substance use challenges.	Manitoba	Online service, in-person service, telephone	Peer support	General population	Yes	—	—	Yes	English
Physician & Family Support Program	844-433-73762	Short-term professional psychological counselling for physicians of Manitoba.	Manitoba	Telephone	Wellness support	Health care providers	Yes	—	Yes	Yes	English
Rainbow Resource Centre	rainbowresourcecentre.org	Offers support to the 2SLGBTQ+ community in the form of counselling, education, and programming.	Manitoba	Online service and in-person service	Wellness support	LGBTQ2SIA+	Yes	—	Yes	Yes	English
Sara Riel Inc: Seneca Warm Line	204-942-9276 or 1-833-718-4678	24/7 peer-led warm line (not for crises).	Manitoba	Telephone	Wellness support	General population	Yes	—	—	—	English
St-Boniface Hospital: Caring for Carers	stbonifacehospital.ca/caring-for-carers	A list of resources to support health care workers during the pandemic.	Manitoba	Resource hub	Wellness support	Health care providers	Yes	—	—	—	English