

Contact Numbers for Help with Stress

Provincial:

Klinik Community Health Centre 24 hour Crisis Line:
786-8686 in Winnipeg; toll free 1-888-322-3019
www.de-stress.ca

Manitoba Farm and Rural Support Services (for all rural Manitobans)
1-866-367-3276 toll free (10 am to 9 pm Monday to Friday)
www.ruralsupport.ca

Regional Health Authorities: Assiniboine Regional Health Authority

Mental Health Intake: 204-571-2952
24 Hour Crisis Services: 204-725-4411 or toll free 1-888-379-7699
24 Hour Child and Adolescent Treatment Centre Crisis Line: 204-727-3445 or
toll free 1-866-403-5459

Brandon Regional Health Authority

Mental Health Intake: 204-578-2400
24 hour Crisis Line and Mobile Crisis Unit: 204-725-4411 or toll free 1-888-379-7699
24 Hour Child and Adolescent Treatment Centre Crisis Line: 204-727-3445 or
toll free 1-866-403-5459

Central Regional Health Authority

Mental Health Intake: toll free 1-888-310-4593
Mental Health Crisis Services: toll free 1-866-588-1697
24 Hour Child and Adolescent Treatment Centre Crisis Line: 204-727-3445 or
toll free 1-866-403-5459

Interlake Regional Health Authority

Community Mental Health Central Intake: 204-785-7752 or toll free 1-866-757-6205
24 Hour Crisis Services: toll free 1-866-427-8628

NOR-MAN Regional Health Authority

Mental Health Intake 204-623-9650 (The Pas)
Crisis Services 204-623-6431 (The Pas)
Mental Health Intake: 204-687-1350 (Flin Flon)
Crisis services: 204-687-7591 (Flin Flon)

North Eastman Regional Health Authority

Mental Health Intake & Urgent Care: toll free 1-866-577-2901

24 Hour Crisis Services: toll free 1-866-427-8628

Parkland Regional Health Authority

Mental Health Intake: 204-638-2103

Mental Health Crisis Response: toll free 1-866-332-3030

24 Hour Child and Adolescent Treatment Centre Crisis Line: 204-727-3445 or
toll free 1-866-403-5459

South Eastman Regional Health Authority

Mental Health Intake: 204-346-7018

24 Hour Crisis Services: toll free 1-888-617-7715

Winnipeg Regional Health Authority

Mental Health Intake: 204-940-2655 (Adult)

Child and Adolescent Mental Health Intake: 204-958-9660

24 Hour Mobile Crisis Service: 204-940-1781 (Adult)

24 Hour Child and Adolescent Crisis Service: 204-949-4777 in Winnipeg or
toll free 1-888-383-2779