



# Free Mental Health Services for Ukrainian Newcomers

## Mental Health Services in Canada

In Canada, staff who work in mental health are able to help people with a range of issues such as feeling lonely or stressed. Counsellors often work with other mental health helpers such as psychologists, therapists or even psychiatrists. Mental health workers will work with you and include you in plans. They can help with your difficult feelings and can help you make balanced and informed decisions. Mental health workers come from various professional backgrounds and are qualified to help with any number of issues. It is acceptable to ask your mental health worker what their scope of work is.

### If you experience the following symptoms, ask for help from professionals:

- Feeling depressed or stressed
- Feeling unhappy or isolated from others
- Feeling anxious or scared
- Feeling irritated and/or exhausted
- Traumatic experiences
- Toxic or unhealthy relationships
- Difficulty adapting to Canada
- Trouble with substance use

If you want more information about the team of agencies supporting Ukrainian arrivals or would like to talk with a counsellor please call Cayly at **431-489-1728**.

### Your Privacy

It is important to know that your personal health information is protected by privacy laws and regulations and will not be shared without your permission or awareness.

### For help connecting to mental health resources, call:

Cayly Askin  
Systems Navigator  
ukrintake@klinik.mb.ca  
**431-489-1728 (Eng)**

Nataliya Masyuk  
Mental Health Coordinator  
nmasyuk@klinik.mb.ca  
**204-804-3626 (Eng/Ukr/Rus)**

### For immediate crisis intervention (available 24/7), call:

Mobile Crisis: **204-940-1781 (Eng)**

### If you need to speak to a counsellor immediately (available 24/7), call:

Klinik Crisis Line: **204-786-8686 (Eng)**