

Contact Numbers for Help with Stress

Klinic Community Health Centre

24-hour Crisis Line, 7 days a week

204-786-8686 (in Winnipeg)

1-888-322-3019 (toll free outside Winnipeg)

Website: <https://klinik.mb.ca/>

Manitoba Farm and Rural Support Services

10 a.m. to 9 p.m. weekdays

1-866-367-3276 (toll free)

Website: <https://supportline.ca/>

Manitoba Suicide Line

24-hour Crisis Line, 7 days a week

1-877-435-7170 (toll free throughout Manitoba)

Website: www.reasonstolive.ca

Mental Health Crisis and Non-crisis Regional Contacts:

<https://www.gov.mb.ca/mh/mh/crisis.html>