

# Refugee Mental Health and Addictions Fact Sheet for Service Providers



## WINNIPEG

### Mental Health & Addictions Services for REFUGEES

#### Emergency / Crisis

<b>CHILDREN &amp; YOUTH (Under 18) Emergency/Crisis Services</b>	<b>ADULT (18+) Emergency/Crisis Services</b>
<ul style="list-style-type: none"><li>• Call 911 for immediate mental health and/or addictions help or transport to Health Sciences Centre Children's Emergency Department for medical intervention</li><li>• Macdonald Youth Services Youth Mobile Crisis Team and 24 hour Provincial Crisis Line 204-949-4777 or 1-888-383-2776</li><li>• Manitoba Suicide Line 1-877-435-7170</li></ul>	<ul style="list-style-type: none"><li>• Call 911 for immediate mental health and/or addictions help or transport to nearest hospital emergency department for medical intervention</li><li>• Attend in person to WRHA Mental Health Crisis Response Centre, 817 Bannatyne Ave, Winnipeg</li><li>• WRHA Adult Mental Health Mobile Crisis Services 204-940-1781</li><li>• WRHA Mental Health Crisis Stabilization Unit 204-940-3633</li><li>• Manitoba Suicide Line 1-877-435-7170</li><li>• Klinik Crisis Line: 204-786-8686</li></ul>

#### Non-crisis

<b>CHILDREN &amp; YOUTH (Under 18) Non-Crisis Services</b>	<b>ADULT (18+) Non-Crisis Services</b>
<ul style="list-style-type: none"><li>• WRHA Child and Adolescent Mental Health Centralized Intake 204-958-9660<ul style="list-style-type: none"><li>– Centralized Intake provides a central entry point into mental health services as well as facilitated redirection to Winnipeg community agencies.</li><li>– Centralized Intake can provide consultation and support to service providers, including rural and northern service providers.</li></ul></li><li>• Provincial Central Intake – Youth Addictions Service 1-877-710-3999</li></ul>	<ul style="list-style-type: none"><li>• WRHA Adult Community Mental Health Central Intake 204-788-8330<ul style="list-style-type: none"><li>– Provides a central entry point to WRHA mental health services as well as facilitated redirection to community agencies.</li></ul></li><li>• WRHA Adult Mental Health Mobile Crisis Services 204-940-1781<ul style="list-style-type: none"><li>– Mobile Crisis Services can provide mental health consultation and support to service providers. For consultation services, ask to speak with the Clinical Team Leader on duty.</li></ul></li><li>• Manitoba Addictions Information Line 1-855-662-6605</li></ul>

*Note: Access to private psychology services may be available for children, youth and adults who are Syrian and/or other government sponsored refugees within their first year of moving to Canada provided they have a physician referral. For more information on this service, visit <http://www.cic.gc.ca/english/refugees/outside/arriving-healthcare.asp>.*

# RURAL AND NORTHERN MANITOBA

## Mental Health & Addiction Services for REFUGEES

### Emergency / Crisis

	<b>CHILDREN &amp; YOUTH (Under 18) Emergency/Crisis Services</b>	<b>ADULT (18+) Emergency/Crisis Services</b>
<b>All Rural &amp; Northern Manitoba</b>	<ul style="list-style-type: none"> <li>• Call 911 for immediate mental health and/or addictions help or transport to nearest hospital emergency department for medical intervention</li> <li>• Macdonald Youth Services Youth Mobile Crisis Team and 24 hour Provincial Crisis Line 1-888-383-2776               <ul style="list-style-type: none"> <li>– Staff can provide consultation and support to service providers, including rural and northern service providers.</li> </ul> </li> <li>• Manitoba Suicide Line 1-877-435-7170</li> </ul>	<ul style="list-style-type: none"> <li>• Call 911 for immediate mental health and/or addictions help or transport to nearest hospital emergency department for medical intervention</li> <li>• Manitoba Suicide Line 1-877-435-7170</li> <li>• Klinik Crisis Line: 1-888-322-3019</li> </ul>
<b>Interlake Eastern Regional Health Authority (IERHA)</b>	<ul style="list-style-type: none"> <li>• 24 hour Mental Health Crisis Line 204-482-5419 or 1-866-427-8628</li> <li>• Children and Adults Mental Health Mobile Crisis Service 204-482-5376 or 1-877-499-8770</li> </ul>	<ul style="list-style-type: none"> <li>• 24 hour Mental Health Crisis Line 204-482-5419 or 1-866-427-8628</li> <li>• Children and Adults Mental Health Mobile Crisis Service 204-482-5376 or 1-877-499-8770</li> </ul>
<b>Prairie Mountain Health</b>	<ul style="list-style-type: none"> <li>• 24 Hour Mental Health Crisis Line 204-578-2700 or 1-866-403-5459</li> <li>• Child and Adolescent Treatment Centre (CATC) – Crisis Stabilization Unit 24 Hours 1-866-403-5459 1240 10th Street, Brandon, MB</li> </ul>	<ul style="list-style-type: none"> <li>• South District Adult 24 hour Mental Health Crisis Line/Mobile Crisis Service 1-888-379-7699 or 204-725-4411</li> <li>• North District Adult and Youth 24 hour Mental Health Crisis Line 1-866-332-3030</li> </ul>
<b>Northern Health</b>	<ul style="list-style-type: none"> <li>• Thompson Youth Mobile Crisis Team 204-778-1472 or 1-866-242-1571 Daily from 2:00 p.m. to 2:00 a.m.</li> <li>• Outside of Thompson, transport to the nearest Hospital Emergency Department</li> </ul>	<ul style="list-style-type: none"> <li>• Transport to the nearest Hospital Emergency Department</li> </ul>
<b>Southern Health – Santé Sud</b>	<ul style="list-style-type: none"> <li>• Mental Health Crisis Team for Youth (15+ years)               <ul style="list-style-type: none"> <li>– East of Red River – 24 hour Mental Health Crisis Response Line 1-888-617-7715</li> <li>– West of Red River – 24 hour Mental Health Crisis Response Line 1-866-588-1697</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• East of Red River – 24 hour Mental Health Crisis Line 1-888-617-7715</li> <li>• West of Red River – 24 hour Mental Health Crisis Response Line 1-866-588-1697</li> <li>• Mental Health Crisis Stabilization Unit 204-320-1096 or 1-855-320-1096 450 Main, Steinbach</li> </ul>
<b>Churchill</b>	<ul style="list-style-type: none"> <li>• Churchill – 24 hour Churchill Health Centre Contact Line: 204-675-8300</li> </ul>	

# RURAL AND NORTHERN MANITOBA

## Mental Health & Addiction Services for REFUGEES

### Non-crisis

	<b>CHILDREN &amp; YOUTH (Under 18) Non-Crisis Services</b>	<b>ADULT (18+) Non-Crisis Services</b>
All Rural & Northern Manitoba	<ul style="list-style-type: none"> <li>Provincial Central Intake – Youth Addictions Service 1-877-710-3999</li> <li>Manitoba Farm, Rural and Northern Support Services 1-866-367-3276</li> </ul>	<ul style="list-style-type: none"> <li>Manitoba Addictions Information Line 1-855-662-6605</li> <li>Manitoba Farm, Rural and Northern Support Services 1-866-367-3276</li> </ul>
Interlake Eastern Regional Health Authority (IERHA)	<ul style="list-style-type: none"> <li>Community Mental Health Intake – <i>All Ages</i> 204-785-7752 or 1-866-757-6205</li> </ul>	<ul style="list-style-type: none"> <li>Community Mental Health Intake – <i>All Ages</i> 204-785-7752 or 1-866-757-6205</li> </ul>
Prairie Mountain Health	<ul style="list-style-type: none"> <li>South District Community Mental Health Intake Lines                             <ul style="list-style-type: none"> <li>– Brandon and Area 1-866-403-5459</li> <li>– Minnedosa/Neepawa 204-476-7836</li> <li>– Virden 204-748-4346</li> <li>– Carberry 204-834-8441</li> <li>– Souris, Deloraine, Killarney and Boissevain 204-483-6224</li> <li>– Russell, Shoal Lake, Birtle 204-842-3399</li> <li>– Rivers, Hamiota, Erickson 204-328-6211</li> </ul> </li> <li>North District Community Mental Health Intake – <i>All Ages</i> <ul style="list-style-type: none"> <li>– Dauphin and Area: 204-638-2118</li> <li>– Swan River and Area: 204-734-6601</li> <li>– Roblin: 204-937-2151</li> <li>– Ste. Rose du Lac: 204-447-4080</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>South District Community Mental Health Intake 1-855-222-6011</li> <li>North District Community Mental Health Intake – <i>All Ages</i> <ul style="list-style-type: none"> <li>– Dauphin and Area: 204-638-2118</li> <li>– Swan River and Area: 204-734-6601</li> <li>– Roblin: 204-937-2151</li> <li>– Ste. Rose du Lac: 204-447-4080</li> </ul> </li> </ul>
Northern Health	<ul style="list-style-type: none"> <li>Flin Flon Community Mental Health Intake: 204-687-1350</li> <li>The Pas Community Mental Health Intake: 204-623-9650</li> <li>Thompson Community Mental Health Intake: 204-677-5358</li> </ul>	
Southern Health – Santé Sud	<ul style="list-style-type: none"> <li>Community Mental Health Intake: 1-888-310-4593 – <i>All Ages</i></li> </ul>	
Churchill	<ul style="list-style-type: none"> <li>Churchill – 24 hour Churchill Health Centre Contact Line: 204-675-8300</li> </ul>	

*Note: Access to private psychology services may be available for children, youth and adults who are Syrian and/or other government sponsored refugees within their first year of moving to Canada provided they have a physician referral. For more information on this service, visit <http://www.cic.gc.ca/english/refugees/outside/arriving-healthcare.asp>.*

***There are a number of community agencies that provide support services to refugees in Winnipeg, rural and northern Manitoba. More information on these agencies can be found at:***

- Manitoba Labour and Immigration's refugee settlement news and resource page includes information on education, general settlement, health, mental health, housing and safety. [www.immigratemanitoba.com/syria/refugee-news-and-resources/](http://www.immigratemanitoba.com/syria/refugee-news-and-resources/)
- Manitoba Immigrant and Refugee Settlement Sector Association (MIRSSA) includes a number of organizations that help newcomers, including refugees, settle in communities across Manitoba. Visit their online list of members to find a settlement service provider [www.mirssa.org/members/](http://www.mirssa.org/members/)
- Canadian Mental Health Association (CMHA) Mental Health Resource Guide includes a number of Winnipeg-based resources for mental health and addictions support <http://winnipeg.cmha.ca/our-services/information-and-referral/>
- Directory of Youth Addictions Services in Manitoba – [www.gov.mb.ca/healthyliving/addictions/youth.html](http://www.gov.mb.ca/healthyliving/addictions/youth.html)
- Directory of Adult Addictions Services in Manitoba – [www.gov.mb.ca/healthyliving/addictions/adult.html](http://www.gov.mb.ca/healthyliving/addictions/adult.html)

*The following are additional Refugee Mental Health and Addictions Fact Sheets for Service Providers that complement this resource:*

- Refugee Mental Health and Addictions Fact Sheet for Service Providers: Optimizing Well-being and Responding to Emotional Distress of Children and Youth
- Refugee Mental Health and Addictions Fact Sheet for Service Providers: Optimizing Well-being and Responding to Emotional Distress of Adults

**For more information visit:**

[manitoba.ca/health/primarycare/providers/srh.html#mh](http://manitoba.ca/health/primarycare/providers/srh.html#mh)

