## WINNIPEG

### Mental Health & Addictions Services for REFUGEES

#### Emergency / Crisis

<table>
<thead>
<tr>
<th>CHILDREN &amp; YOUTH (Under 18) Emergency/Crisis Services</th>
<th>ADULT (18+) Emergency/Crisis Services</th>
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<tbody>
<tr>
<td>• Call 911 for immediate mental health and/or addictions help or transport to Health Sciences Centre Children’s Emergency Department for medical intervention</td>
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</tr>
<tr>
<td>• Macdonald Youth Services Youth Mobile Crisis Team and 24 hour Provincial Crisis Line 204-949-4777 or 1-888-383-2776</td>
<td>• Attend in person to WRHA Mental Health Crisis Response Centre, 817 Bannatyne Ave, Winnipeg</td>
</tr>
<tr>
<td>• Manitoba Suicide Line 1-877-435-7170</td>
<td>• WRHA Adult Mental Health Mobile Crisis Services 204-940-1781</td>
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<td>• WRHA Mental Health Crisis Stabilization Unit 204-940-3633</td>
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#### Non-crisis

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<tr>
<td>• WRHA Child and Adolescent Mental Health Centralized Intake 204-958-9660</td>
<td>• WRHA Adult Community Mental Health Central Intake 204-788-8330</td>
</tr>
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<td>– Centralized Intake provides a central entry point into mental health services as well as facilitated redirection to Winnipeg community agencies.</td>
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<td>– Centralized Intake can provide consultation and support to service providers, including rural and northern service providers.</td>
<td>• WRHA Adult Mental Health Mobile Crisis Services 204-940-1781</td>
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<td>• Provincial Central Intake – Youth Addictions Service 1-877-710-3999</td>
<td>– 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.</td>
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<tr>
<td></td>
<td>• Manitoba Addictions Information Line 1-855-662-6605</td>
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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.

March 2016
## RURAL AND NORTHERN MANITOBA

### Mental Health & Addiction Services for REFUGEES

**Emergency / Crisis**

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| • Macdonald Youth Services Youth Mobile Crisis Team and 24 hour Provincial Crisis Line 1-888-383-2776  
  – Staff can provide consultation and support to service providers, including rural and northern service providers. | • Manitoba Suicide Line 1-877-435-7170 | • Manitoba Suicide Line 1-877-435-7170  
• Klinic Crisis Line: 1-888-322-3019 |

| Interlake Eastern Regional Health Authority (IERHA) | 24 hour Mental Health Crisis Line 204-482-5419 or 1-866-427-8628  
• Children and Adults Mental Health Mobile Crisis Service 204-482-5376 or 1-877-499-8770 | 24 hour Mental Health Crisis Line 204-482-5419 or 1-866-427-8628  
• Children and Adults Mental Health Mobile Crisis Service 204-482-5376 or 1-877-499-8770 |

| Prairie Mountain Health | 24 Hour Mental Health Crisis Line 204-578-2700 or 1-866-403-5459  
• Child and Adolescent Treatment Centre (CATC) – Crisis Stabilization Unit 24 Hours 1-866-403-5459  
1240 10th Street, Brandon, MB | South District Adult 24 hour Mental Health Crisis Line/Mobile Crisis Service 1-888-379-7699 or 204-725-4411  
North District Adult and Youth 24 hour Mental Health Crisis Line 1-866-332-3030 |

| Northern Health | Thompson Youth Mobile Crisis Team 204-778-1472 or 1-866-242-1571  
Daily from 2:00 p.m. to 2:00 a.m.  
• Outside of Thompson, transport to the nearest Hospital Emergency Department | Transport to the nearest Hospital Emergency Department |

| Southern Health – Santé Sud | Mental Health Crisis Team for Youth (15+ years)  
– East of Red River – 24 hour Mental Health Crisis Response Line 1-888-617-7715  
West of Red River – 24 hour Mental Health Crisis Response Line 1-866-588-1697  
• Mental Health Crisis Stabilization Unit 204-320-1096 or 1-855-320-1096  
450 Main, Steinbach |

| Churchill | Churchill – 24 hour Churchill Health Centre Contact Line: 204-675-8300 |  |
# RURAL AND NORTHERN MANITOBA

## Mental Health & Addiction Services for REFUGEES

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| **All Rural & Northern Manitoba** | • Provincial Central Intake – Youth Addictions Service 1-877-710-3999  
• Manitoba Farm, Rural and Northern Support Services 1-866-367-3276 | • Manitoba Addictions Information Line 1-855-662-6605  
• Manitoba Farm, Rural and Northern Support Services 1-866-367-3276 |
| **Interlake Eastern Regional Health Authority (IERHA)** | • Community Mental Health Intake – All Ages 204-785-7752 or 1-866-757-6205 | • Community Mental Health Intake – All Ages 204-785-7752 or 1-866-757-6205 |
| **Prairie Mountain Health** | • South District Community Mental Health Intake Lines  
– Brandon and Area 1-866-403-5459  
– Minnedosa/Neepawa 204-476-7836  
– Virden 204-748-4346  
– Carberry 204-834-8441  
– Souris, Deloraine, Killarney and Boissevain 204-483-6224  
– Russell, Shoal Lake, Birtle 204-842-3399  
– Rivers, Hamiota, Erickson 204-328-6211  
• North District Community Mental Health Intake – All Ages  
– Dauphin and Area: 204-638-2118  
– Swan River and Area: 204-734-6601  
– Roblin: 204-937-2151  
– Ste. Rose du Lac: 204-447-4080 | • South District Community Mental Health Intake 1-855-222-6011  
• North District Community Mental Health Intake – All Ages  
– Dauphin and Area: 204-638-2118  
– Swan River and Area: 204-734-6601  
– Roblin: 204-937-2151  
– Ste. Rose du Lac: 204-447-4080 |
| **Northern Health** | • Flin Flon Community Mental Health Intake: 204-687-1350  
• The Pas Community Mental Health Intake: 204-623-9650  
• Thompson Community Mental Health Intake: 204-677-5358 | |
| **Southern Health – Santé Sud** | • Community Mental Health Intake: 1-888-310-4593 – All Ages | |
| **Churchill** | • Churchill – 24 hour Churchill Health Centre Contact Line: 204-675-8300 | |
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/
- 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/
- 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/

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