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Acquired Brain Injury Services

**Selkirk Mental Health Centre**
- Acquired Brain Injury Program
  Ph: 1-800-881-3073
- Acquired Brain Injury Transitional Residence
  Ph: (204) 785-7851

**Winnipeg Regional Health Authority**
- **Actionmarguerite**
  Ph: (204) 233-3692
- **Community Stroke Care Service**
  Ph: (204) 940-3574
- **Grace Hospital**
  Post Acute Neuro Surgery Unit
  Ph: (204) 837-0111
- **Health Sciences Centre**
  Sub Acute Neurology
  Ph: (204) 787-3661
- **Manitoba Brain Injury Association**
  Ph: (204) 975-3280
- **Riverview Health Centre**
  Neurology Rehab Stroke & Acquired Brain Injury Programs
  Ph: (204) 478-6135

**Northern Regional Health Authority**
- **Thompson, MB**
  Acquired Brain Injury Residence
  Ph: (204) 778-1646
Addictions Services

Northern Region

The Pas, MB
Addictions Foundation of Manitoba – Residential Treatment Services
Rosarie House
Ph: (204) 623-6425

Thompson, MB
Addictions Foundation of Manitoba
Ph: (204) 677-7300

Northern Regional Health Authority

The Pas, MB
St. Anthony’s General Hospital
Adult Treatment Unit
Ph: (204) 623-6431

Prairie Mountain Region

Brandon, MB
Addictions Foundation of Manitoba – Residential Treatment Services
Parkwood Centre
Ph: (204) 729-3838

Ste Rose du Lac, MB
Addictions Foundation of Manitoba – Residential Treatment Services
Willard Monson House
Ph: (204) 447-4040

Interlake Region

Selkirk, MB
Addictions Foundation of Manitoba
Ph: (204) 785-2354

Behavioural Health Foundation
Breezy Point Treatment Services
Ph: (204) 482-5520

Selkirk Mental Health Centre
Co-Occurring Disorders Initiative (CODI) Team
Ph: 1-800-881-3073

Selkirk, MB
Addictions Foundation of Manitoba
Ph: (204) 785-2354

Winnipeg Regional Health Authority

Community Mental Health Program
Co-Occurring Disorders Outreach Program
Ph: (204) 788-8330

Health Sciences Centre
Addictions Program
Ph: (204) 787-2022

Winnipeg Region

Addictions Foundation of Manitoba
Ph: (204) 944-6200

Behavioural Health Foundation
Ph: (204) 269-3430

Main Street Project
Ph: (204) 982-8245

Salvation Army
Anchorage Addiction Treatment Program
Ph: (204) 946-9401
Community Mental Health Services

Northern Regional Health Authority
Community Mental Health Services
Flin Flon, MB
Ph: (204) 687-1350
The Pas, MB
Ph: (204) 623-9650
Thompson, MB
Ph: (204) 677-5358

Prairie Mountain Health Authority
Community Mental Health Services (South)
Ph: (204) 578-2400
Ph: 1-855-222-6011
Community Mental Health Services (North)
Ph: (204) 638-2118

Interlake-Eastern Regional Health Authority
Community Mental Health Services
Ph: 1-866-757-6205
• Community Mental Health Workers
• Intensive Case Managers
• Proctors

Winnipeg Regional Health Authority
Community Mental Health Services
Ph: (204) 788-8330
• Community Mental Health Workers
• Intensive Case Managers
• Proctors
• Transition Workers

Southern Health-Santé Sud
Community Mental Health Services
Ph: 1-888-310-4593
• Community Mental Health Workers
• Intensive Case Managers
• Proctors
• Outpatient Psychiatry
Community Psychosocial Rehabilitation and Housing

**Selkirk Mental Health Centre**
- Community Rehabilitation Services
  - McLean House
    Ph: (204) 482-6387
  - Mildred House
    Ph: (204) 482-3225

**Interlake Region**
- Canadian Mental Health Association
  Residential Care Program
  Ph: (204) 482-9723
  • Housing Support Workers

**Prairie Mountain Health Authority**
- Psychosocial Rehabilitation
  Ph: (204) 578-2400
  Ph: 1-855-222-6011

- Residential and Community Support
  Ph: (204) 578-2400
  Ph: 1-855-222-6011

**Prairie Mountain Region**
- Canadian Mental Health Association
  • Westman – Ph: (204) 727-5425
  • Parkland/Swan River
    Ph: (204) 734-2734
  • Dauphin – Ph: (204) 638-4097

**Southern Health-Santé Sud**
- Eden Housing and Support Services
  Ph: (204) 325-9384 (Winkler)
  Ph: (204) 326-5437 (Steinbach)

- Mental Health Promotion, Housing and Supports
  Ph: (204) 325-6585

- Steinbach, MB
  Positive Living Program
  Ph: (204) 392-5670

**Winnipeg Regional Health Authority**
- Program of Assertive Community Treatment
  Ph: (204) 788-8330

**WRHA Mental Health Housing Services**
Ph: (204) 788-8330

**Winnipeg Region**
- Canadian Mental Health Association
  Rehabilitation and Recovery Services
  Ph: (204) 982-6100

- Eden Housing and Support Services
  Ph: (204) 325-0946

- Friends Housing Inc.
  Ph: (204) 953-1160

- Mount Carmel Clinic
  Assertive Community Treatment Program
  Ph: (204) 943-5512

- Salvation Army
  The Haven
  Ph: (204) 946-9404

- Sara Riel Inc.
  • Community Recovery Services
    Ph: (204) 237-9263
  • Seneca Respite
    Ph: (204) 231-0217

- Siloam Mission
  Madison Supportive Housing
  Ph: (204) 956-4344
Dialectical Behaviour Therapy Services

Interlake-Eastern Regional Health Authority
Community Mental Health Services
Ph: (204) 785-7752

Prairie Mountain Health Authority
Community Mental Health Services
DBT Based Group Therapy
Ph: (204) 578-2400
Ph: 1-855-222-6011

Selkirk Mental Health Centre
Dialectical Behaviour Therapy Program
Ph: 1-800-881-3073

Southern Health-Santé Sud
Community Mental Health Services
Ph: 1-888-310-4593

Winnipeg Regional Health Authority
Health Sciences Centre – PsycHealth
Short Term Assessment and Treatment Program
Ph: (204) 787-3200
Forensic Services

Selkirk Mental Health Centre
Forensic Program
Ph: 1-800-881-3073

Winnipeg Regional Health Authority
Forensic Assertive Community Team
Ph: (204) 940-3791

Health Sciences Centre – PsycHealth
Forensic Psychiatry
Ph: (204) 787-3887
Geriatric Mental Health Services

For information on Personal Care Homes in each region, please see the Provincial Bed Map (2015).
Inpatient Psychiatric Services

**Northern Regional Health Authority**
Flin Flon, MB
Flin Flon General Hospital
Psychiatric Emergency Nurse
Ph: (204) 687-7591

**The Pas, MB**
St. Anthony's General Hospital
Acute Care Adult Psychiatric Unit
Ph: (204) 623-6431

**Thompson, MB**
Thompson General Hospital
Acute Care Adult Psychiatric Unit
Ph: (204) 677-2381

**Prairie Mountain Health Authority**
Brandon, MB
Centre for Adult Psychiatry
Ph: (204) 578-4555

Centre for Geriatric Psychiatry
Ph: (204) 578-4560

Dauphin, MB
Parkland Regional Mental Health Centre
Ph: (204) 638-3010

**Selkirk Mental Health Centre**
Ph: 1-800-881-3073
- Acute Program
- Dialectical Behaviour Therapy
- Forensic Program
- Geriatric Program
- Rehabilitation Program

**Winnipeg Regional Health Authority**
Grace Hospital
Mental Health Program
Ph: (204) 837-0111

Health Sciences Centre – PsycHealth
Ph: (204) 787-3661
- Forensic
- General Psychiatry
- Intensive Care
- Mood Disorders
- Schizophrenia Treatment & Education Program

Seven Oaks General Hospital
Mental Health Program
Ph: (204) 632-7133

St. Boniface General Hospital
Mental Health Program
Ph: (204) 237-2979

Victoria General Hospital
Mental Health Program
Ph: (204) 269-3570

**Southern Health-Santé Sud**
Winkler, MB
Eden Mental Health Centre
Acute Medical Services
Ph: (204) 325-4325
Mental Health Crisis Services

Interlake-Eastern Regional Health Authority
Crisis Line
Ph: 1-866-427-8628

Crisis Stabilization Unit
Ph: 1-888-482-5361

Mobile Crisis Services
Ph: 1-877-499-8770

Prairie Mountain Health Authority
Crisis Line (North)
Ph: 1-866-332-3030

Crisis Line (South)
Ph: 1-888-379-7699

Crisis Stabilization Unit (South)
Ph: (204) 727-2555

Mobile Crisis Services (South)
Ph: (204) 725-4411

Winnipeg Regional Health Authority
Crisis Response Centre
Ph: (204) 940-1781

Crisis Stabilization Unit
Ph: (204) 940-3633

Klinic Crisis Line
Ph: (204) 786-8686

Mobile Crisis Service
Ph: (204) 940-1781

Southern Health-Santé Sud
Mobile Crisis and Crisis Stabilization Unit
Ph: 1-866-588-1697 (West of Red River)
Ph: 1-888-617-7715 (East of Red River)
Self Help Services

**Northern Region**
- Anxiety Disorders Association of Manitoba
  Ph: (204) 271-0060 (Flin Flon)
- Manitoba Schizophrenia Society
  Ph: (204) 623-3387 (The Pas)
  Ph: (204) 677-6051 (Thompson)
- Mood Disorders Association of Manitoba
  Ph: (204) 679-2324 (Selkirk)

**Interlake-Eastern Region**
- Anxiety Disorders Association of Manitoba
  Ph: (204) 389-5030 (Winnipeg Beach)
  Ph: (204) 345-8511 (Lac Du Bonnet)
- Manitoba Schizophrenia Society
  Ph: (204) 485-1253 (Selkirk)
- Mood Disorders Association of Manitoba
  Ph: (204) 444-5228 (Dugald)
  Ph: (204) 330-7821 (Teulon)

**Prairie Mountain Region**
- Anxiety Disorders Association of Manitoba
  Ph: (204) 725-8550 (Brandon)
  Ph: (204) 638-5368 (Dauphin)
  Ph: (431) 280-0116 (Swan River)
- Manitoba Schizophrenia Society
  Ph: (204) 728-5811 (Brandon)
  Ph: (204) 648-5833 (Parkland)
  Ph: (204) 724-0167 (Souris)
- Mood Disorders Association of Manitoba
  Ph: (204) 725-1232 (Brandon)
  Ph: (204) 638-7278 (Parkland)

**Selkirk Mental Health Centre**
- Self Help Office
  Ph: 1-800-881-3073
  - Anxiety Disorders of Manitoba
  - Manitoba Schizophrenia Society
  - Mood Disorders Association of Manitoba

**Southern Region**
- Steinbach, MB
  - Manitoba Schizophrenia Society
    Ph: (204) 371-0824
- Mood Disorders Association of Manitoba
  Ph: (204) 444-5228

**Winnipeg Region**
- Anxiety Disorders Association of Manitoba
  Ph: (204) 925-0600
- Manitoba Schizophrenia Society
  Ph: (204) 786-1616
- Mood Disorders Association of Manitoba
  Ph: (204) 786-0987

Website Information
- Anxiety Disorders Association of Manitoba
- Manitoba Schizophrenia Society
- Mood Disorders Association of Manitoba
## Appendix 1: List of Nursing Stations by Region
*(Alphabetical)*

### Interlake – Eastern Regional Health Authority

<table>
<thead>
<tr>
<th>Health Centre</th>
<th>Contact Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black River First Nation Health Centre</td>
<td>(204) 367-8089</td>
</tr>
<tr>
<td>Brokenhead Ojibway First Nation Health Centre</td>
<td>(204) 766-2494</td>
</tr>
<tr>
<td>Dauphin River First Nation Health Centre</td>
<td>(204) 772-6117</td>
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<tr>
<td>Fisher River Health Centre Health Centre</td>
<td>(204) 645-2689</td>
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<tr>
<td>Fort Alexander Health Centre</td>
<td>(204) 367-2208</td>
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<tr>
<td>Hollow Water First Nation Health Centre</td>
<td>(204) 363-7364</td>
</tr>
<tr>
<td>Lake Manitoba First Nation Health Centre</td>
<td>(204) 768-3492</td>
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<tr>
<td>Lake St Martin First Nation Health Centre</td>
<td>(204) 948-1119</td>
</tr>
<tr>
<td>Little Saskatchewan First Nation Health Centre</td>
<td>(204) 659-4584</td>
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<tr>
<td>Kinonjeoshtegon First Nation Health Centre</td>
<td>(204) 394-2255</td>
</tr>
<tr>
<td>Pinaymootang Health Centre</td>
<td>(204) 659-5786</td>
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<tr>
<td>Peguis Health Centre</td>
<td>(204) 645-2169</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Nursing Station</th>
<th>Contact Number</th>
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</thead>
<tbody>
<tr>
<td>Berens River First Nation</td>
<td>(204) 382-2813</td>
</tr>
<tr>
<td>Bloodvein First Nation</td>
<td>(204) 395-2161</td>
</tr>
<tr>
<td>Little Grand Rapids First Nation:</td>
<td>(204) 397-2450</td>
</tr>
<tr>
<td>Pauingassi First Nation Band Nursing Station</td>
<td>(204) 397-2166</td>
</tr>
<tr>
<td>Poplar River Nursing Station</td>
<td>(204) 244-2102</td>
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### Northern Regional Health Authority

<table>
<thead>
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<th>Nursing Station</th>
<th>Contact Number</th>
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<tbody>
<tr>
<td>Barren Lands First Nation</td>
<td>(204) 323-3200</td>
</tr>
<tr>
<td>Cross Lake Nursing Station</td>
<td>(204) 676-2011</td>
</tr>
<tr>
<td>Easterville/Chemawawin Nursing Station</td>
<td>(204) 329-2212</td>
</tr>
<tr>
<td>Fox Lake Cree Nation</td>
<td>(204) 486-2463</td>
</tr>
<tr>
<td>Garden Hill Nursing Station</td>
<td>(204) 456-2615</td>
</tr>
<tr>
<td>God’s Lake Nursing Station</td>
<td>(204) 335-2557</td>
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<tr>
<td>God’s River/Manto Sipi Nursing Station</td>
<td>(204) 366-2355</td>
</tr>
<tr>
<td>Grand Rapids/Misipawistik Nursing Station</td>
<td>(204) 639-2215</td>
</tr>
<tr>
<td>Lac Brochet/Northlands Nursing Station</td>
<td>(204) 337-2161</td>
</tr>
<tr>
<td>Marcel Colomb First Nation</td>
<td>(204) 356-2439</td>
</tr>
<tr>
<td>Mathias Colomb Cree Nation</td>
<td>(204) 553-2089</td>
</tr>
<tr>
<td>Moose Lake/Mosakahiken Nursing Station</td>
<td>(204) 678-2252</td>
</tr>
<tr>
<td>Nelson House/Nisichawayasihk Nursing Station</td>
<td>(204) 484-2031</td>
</tr>
<tr>
<td>Norway House Nursing Station</td>
<td>(204) 359-8230</td>
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<tr>
<td>Nursing Station</td>
<td>Contact Number</td>
</tr>
<tr>
<td>-----------------</td>
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</tr>
<tr>
<td>Opaskwayak Cree Nation</td>
<td>(204) 623-7193</td>
</tr>
<tr>
<td>Oxford House/Bunibonibee Nursing Station</td>
<td>(204) 538-2347</td>
</tr>
<tr>
<td>Pukatawagan/Mathias Colomb Nursing Station</td>
<td>(204) 553-2271</td>
</tr>
<tr>
<td>Red Sucker Lake Nursing Station</td>
<td>(204) 469-5321</td>
</tr>
<tr>
<td>Shamattawa Nursing Station</td>
<td>(204) 565-2370</td>
</tr>
<tr>
<td>South Indian Lake/O-Pipon-Na-Piwin Nursing Station</td>
<td>(204) 374-2013</td>
</tr>
<tr>
<td>Split Lake/Tataskwayak Nursing Station</td>
<td>(204) 342-2033</td>
</tr>
<tr>
<td>St Theresa Point Nursing Station</td>
<td>(204) 462-2264</td>
</tr>
<tr>
<td>Tadoule Lake/Sayisi Nursing Station</td>
<td>(204) 684-2031</td>
</tr>
<tr>
<td>Waasagamach Nursing Station</td>
<td>(204) 457-2189</td>
</tr>
<tr>
<td>War Lake First Nation</td>
<td>(204) 288-4315</td>
</tr>
<tr>
<td>Wuskwi Sipikh First Nation</td>
<td>(204) 236-4894</td>
</tr>
<tr>
<td>York Landing Nursing Station</td>
<td>(204) 341-2325</td>
</tr>
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**Prairie Mountain Health Authority**

<table>
<thead>
<tr>
<th>Nursing Station</th>
<th>Contact Number</th>
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<tbody>
<tr>
<td>Birdtail Sioux First Nation</td>
<td>(204) 568-4540</td>
</tr>
<tr>
<td>Canupawakpa Dakota First Nation (Oak Lake)</td>
<td>(204) 854-2959</td>
</tr>
<tr>
<td>Chemawatin Cree Nation</td>
<td>(204) 329-2161</td>
</tr>
<tr>
<td>Crane River First Nation</td>
<td>(204) 732-2490</td>
</tr>
<tr>
<td>Ebb and Flow First Nation</td>
<td>(204) 448-2134</td>
</tr>
<tr>
<td>Keeseekowenin First Nation</td>
<td>(204) 625-2001</td>
</tr>
<tr>
<td>O-Chi-Chak-Ko-Sipi First Nation</td>
<td>(204) 732-2076</td>
</tr>
<tr>
<td>Pine Creek First Nation</td>
<td>(204) 524-2478</td>
</tr>
<tr>
<td>Rolling River First Nation</td>
<td>(204) 636-2211</td>
</tr>
<tr>
<td>Shoal Lake First Nation</td>
<td>(204) 587-2012</td>
</tr>
<tr>
<td>Sioux Valley First Nation</td>
<td>(204) 855-2690</td>
</tr>
<tr>
<td>Tootinaowaziibeeng First Nation</td>
<td>(204) 546-3267</td>
</tr>
<tr>
<td>Waterhen First Nation (Skownan)</td>
<td>(204) 628-3333</td>
</tr>
<tr>
<td>Waywayseecappo First Nation</td>
<td>(204) 859-5080</td>
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**Southern Health – Santé Sud**

<table>
<thead>
<tr>
<th>Nursing Station</th>
<th>Contact Number</th>
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</thead>
<tbody>
<tr>
<td>Buffalo Point First Nation</td>
<td>(204) 437-2133</td>
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<tr>
<td>Dakota Plains First Nation</td>
<td>(204) 252-3636</td>
</tr>
<tr>
<td>Dakota Tipi First Nation</td>
<td>(204) 857-4381</td>
</tr>
<tr>
<td>Long Plain First Nation Health Centre</td>
<td>(204) 252-2369</td>
</tr>
<tr>
<td>Roseau River Anishinabe First Nation</td>
<td>(204) 427-2584</td>
</tr>
<tr>
<td>Sandy Bay First Nation</td>
<td>(204) 843-2462</td>
</tr>
<tr>
<td>Swan Lake First Nation</td>
<td>(204) 836-2424</td>
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