

Emergency Services

Mental Health & Wellness

National Suicide Crisis Helpline 9-8-8

9 – 8 – 8 National Suicide Crisis Helpline – 24/7/365.

Bilingual, trauma-informed & culturally appropriate support through trained responders.

Togetherall

Togetherall believes no one should be excluded from instant access to mental health support from real people when they need it. With Togetherall, entire populations can have a safe place to connect, share and discuss what's on their mind with peers. Togetherall's diverse community is active day and night, monitored and moderated 24/7 by licensed mental health practitioners. Please see link below to join for free:

<https://togetherall.com/en-ca/>

Klinic Crisis Line

The Klinic Crisis Line provides free and confidential counselling, support and referrals for people who are suicidal, in crisis or struggling to cope.

204-786-8686 or 1-888-322-3019

TTY 204-784-4097

Manitoba Suicide Prevention & Support Line

The Manitoba Suicide Prevention & Support Line is for people who are struggling with suicidal thoughts or feelings, concerned about a friend, family or co-worker, impacted by a suicide loss or suicide attempt.

1-877-435-7170 (1-877-HELP170)

Kids Help Phone (national line available to Manitoba Youth)

Kids Help Phone provides online and telephone counselling and volunteer-led, text-based support in English and French to youth across Canada. Kids Help Phone also provides information on how to access community support services for youth.

1-800-668-6868

Klinic Sexual Assault Crisis Line

The Klinic Sexual Assault Crisis Line provides support to anyone 12 and up who have experienced sexual assault. 204-786-8631 or 1-888-292-7565

TTY 204-784-4097

Manitoba Farm, Rural & Northern Support Services

Manitoba Farm, Rural & Northern Support Services provides telephone and online counselling to farmers, rural and northern Manitobans.

supportline.ca - online counselling

1-866-367-3276 (hours Mon-Fri 10 am to 9 pm)

Southern Health-Santé Sud

Crisis Services number:

1-888-617-7715

Mental Health:

southernhealth.ca/en/finding-care/

Southern Health-Santé Sud

Web: southernhealth.ca

Wellness Together Canada

Mental health and substance use support - Always free and virtual, 24/7.

<https://www.wellnesstogether.ca/en-CA>

Carman Wellness Connections

Carman Wellness Connections is a non-profit organization working to address poverty and promote wellness in Carman and surrounding area.

<https://www.carmanwellnessconnections.ca/>

First Nations and Inuit Hope for Wellness Help Line

The Hope for Wellness Help Line offers immediate help to all Indigenous peoples across Canada. Available 24/7 to offer counselling and crisis intervention available in English and French - upon request, in Cree, Ojibway, and Inuktitut.

1-855-242-3310