

Helpers in the Community

Crisis Services	
Medical Emergency. Ambulance. General Emergency	911
Mobile Crisis Unit (Crisis Line / Suicide Prevention) - 24 hours	1-888-379-7699
Child & Adolescent Services-may call after hours or call local worker	204-578-2700 1-866-403-5459
The Manitoba Suicide Line	1-877-435-7170
Klinic Crisis line Winnipeg	1-888-322-3019
Farm and Rural Stress Line Monday-Friday 10am-9pm	1-866-367-3276
Health Links – 24 hours	1-888-315-9257
Kids Help Phone	1-800-668-6868
Other Helpers	
AFM Gambling Help Line 24 hours/day	1-800-463-1554
AIDS/STD information (free and confidential) Mon-Fri 8:30am-8:00pm	1-800-782-2437
Alcoholics Anonymous/AI-Anon Family Groups	204-571-3684
Anxiety Disorders Association of MB	204-725-8550
Battered Women's Crisis Line	1-800-362-3344
Body Image Network	204-571-2956
Canadian Mental Health Association	204-727-5425
Canadian Red Cross Society Winnipeg 1-866-685-4250 Brandon	204-729-4970
Children's Advocate Office	1-800-263-7146
Compassionate Friends/Bereaved Parents Support Group	204-727-1823
Crisis Pregnancy Centre(Tues-Thurs 10:00-4:00)	204-727-6161
Domestic Violence Info Line/Westman Women's Shelter	1-877-977-0007
For the Sake of the Children (monthly information seminars)	1-800-230-1885
Gamblers Anonymous	204-571-3685
Learning Disabilities Association of MB Winnipeg 774-1821 Brandon	204-727-4669
Manitoba Schizophrenia Society	204-483-1311
Mood Disorders Association of MB	204-826-2773
Mother Risk – Information on medication safety	1-416-813-6780

Parent Training- Elspeth Reid Family Resource Centre	204-726-6280
Senior Abuse Line - 24 hours	1-888-896-7183
Sexual Assault Line	1-888-292-7565
Sexuality Education Resources Centre www.serc.mb.ca	204-727-0417
Suicide Bereavement Support Group	204-571-4183 or 204-727-3202
The Women's Resource Centre (counseling & legal clinics)	204-726-8632
Triple P Parenting Resource Line for parents (Mon-Fri 8-8)	1-877-945-4777
Victims Services Unit	204-729-2345
Westwind Eating Disorder Recovery Centre	204-728-2499