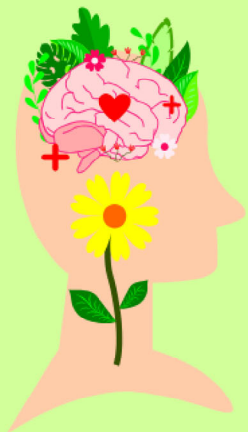


MENTAL HEALTH MATTERS



Mental health is as crucial as physical health. It impacts our thoughts, emotions, and actions. Maintaining our mental health is necessary for our general well-being. If you need assistance, below are several readily available resources that can support your family.



MES Mental Health First Aid Resource Kit

Manitoba 



MANITOBA Farm Rural & Northern Support Services



Mental Health Supports:

Kids Help Phone - 1800-668-6868
kidshelpphone.ca
Manitoba Suicide Prevention Line - 1877-435-7170
reasontolive.ca
Klinik Crisis Line - 1888-322-3019
Suicide Crisis Helpline 9-8-8 - Text or Call
Klinik.mb.ca/crisis-support/
Sexual Assault Crisis Line - 1888-292-7565
MB Farm and Rural Support Services - 1866-367-3276
Ruralsupport.ca
Community Mental Health (Portage) - 1888-310-4593
Located in the Portage Hospital
CMHA Central Region - 204-239-6590
Cmhcentral.ca
Mental Health Access Services (1-time free counseling) -
Wednesday's from 9:00-3:00pm
Located in the Portage Hospital
Mental Health for Teens - teenmentalhealth.org
Mental Health Young Leaders - jack.org
Mental Health Resource for the LGBTQ community -
rainbowresourcecentre.org

Parenting Resources:

CRC Macgregor - 204-685-5705
Family Resource Centre - Portage la Prairie 204-239-9011
Frcportage.ca
Portage Family Abuse Prevention Centre (Prairie Harbour) -
204-239-5234
Friendship Centre - Portage la Prairie 204-239-6333
Big Brothers Big Sisters - 204-857-4397
bbbscentralplains@bigbrothersbigisters.ca
Employment and Income Assistance - 204-239-3060
Gov.mb.ca/jec/eia/
Child and Family Services Intake line - 204-857-8751
Chance to Grow, Play, Camp and Learn - 204-857-8751
Cfscmfoundation.com
Manitoba Child Benefit Financial Program - 1800-387-1193
<https://www.gov.mb.ca/fs/eia/mcb.html>
FASD Diagnostic Coordinator - 204-856-2044
ejohnson@southernhealth.ca
Manitoba Parent Zone website -
Manitobaparentzone.ca

Wellness/Health:

Public Health Macgregor - 204-685-5705
www.foundrybc.ca
www.mindyourmind.ca
www.stresshacks.ca
<http://teentalk.ca/>
www.teenclinic.ca
Jordan's Principle - Scoinc.mb.ca/jp-program/
www.serc.mb.ca
www.kidshealth.org/teens
First Nation's Wellness - 1855-242-3310
www.hopeforwellness.ca
Canadian Red Cross - www.redcross.ca
Manitoba Housing - 1800-661-4663
www.gov.mb.ca/housing/
MacGregor HUB Youth for Christ Drop in Center - 204-685-2290
Portage Hospital - 204-239-2211
PCI Teen Clinic (available to 12 years and up outside of PCI) -
204-857-6843

