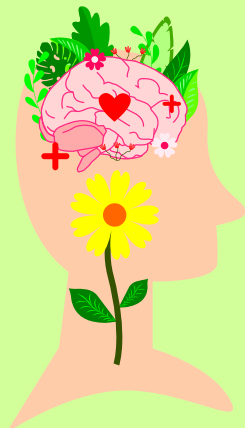


MENTAL HEALTH MATTERS



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.



Mental Health Supports:

Kids Help Phone - 1800-668-6868
kidshelpphone.ca
 Manitoba Suicide Prevention Line - 1877-435-7170
reasantolive.ca
 Klinik Crisis Line - 1888-322-3019
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
Cmhacentral.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
FamilyResourceCentre.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
bbscentralplains@bigbrothersbigsisters.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 teens outside of PCI) - 204-857-6843

