



"We are all in this together."

AbilitiCBT

This site provides information on mental health resources, including *AbilitiCBT*, an online cognitive behavioural therapy (CBT) program available to Manitobans aged 16 and over who are struggling with anxiety related to the COVID-19 pandemic.

<https://manitoba.ca/covid19/bewell/>

Mental Health Commission of Canada (MHCC)

The MHCC offers a variety of resources, tools, and training programs aimed at increasing mental health literacy and improving the mental health and well-being of all people living in Canada, including *Resource Hub: Mental health and wellness during the COVID-19 pandemic*.

www.mentalhealthcommission.ca

Canadian Mental Health Association Service Navigation Hub

Specialists are available to help Manitobans find the best type of care or service to match their needs.

<https://mbwpg.cmha.ca/cmha-service-navigation-hub/>

Contact: 204-775-6442

Mood Disorders Association of Manitoba

The Mood Disorders Association of Manitoba is a self-help organization that provides education, advocacy, and support to those living with a mood disorder or other mental health illness. It provides a peer support line, a variety of free resources on its website, and several online support groups that can be accessed by filling out the online registration form at www.surveymonkey.com/r/WPQLZSZ.

www.mooddordersmanitoba.ca

Peer Support Line: 204-786-0987

Anxiety Canada

Anxiety Canada offers free online, evidence-based self-help resources to help Canadians manage anxiety using scientifically proven strategies.

www.anxietycanada.com/

Rainbow Resource Centre

The Rainbow Resource Centre offers counselling, education, and programming support to the 2SLGBTQ+ community. During the COVID-19 pandemic, it is continuing to offer all support services by phone and through platforms such as *Instagram*, *Facebook*, and *Zoom*.

<https://rainbowresourcecentre.org>

My Mental Health Checklist

This checklist is a great resource, particularly on days where you are feeling a little down or anxious.

<https://youthtoolkit.stigmafreesociety.com/wp-content/uploads/2020/04/FINAL-FINAL-MY-MENTAL-HEALTH-CHECKLIST-1.pdf>

Anxiety Disorders Association of Manitoba (ADAM) Support Line

ADAM has established an anxiety support line at 204-925-0040 for anyone seeking support during this challenging time. The line is checked regularly between the hours of 9:00 a.m. and 9:00 p.m. from Monday through Friday, and 10:00 a.m. to 4:00 p.m. on weekends. People are asked to leave their name, phone number, or email address and an ADAM representative will get in touch with them soon.

www.adam.mb.ca/programs/peer-support

CRISIS Resources

Klinic Crisis Line

Klinic operates a variety of crisis phone lines and online support services, providing free and confidential counselling, support, and referrals for people who are suicidal, in crisis, or struggling to cope.

<http://klinic.mb.ca/crisis-support/>

24/7 Crisis Line: 204-786-8686

Toll-free: 1-888-322-3019

Youth Mobile Crisis

Contact: 204-949-4777

Toll-free: 1-888-383-2776

Manitoba's Suicide Prevention and Support Line

It is open and available 24/7, 365 days a year.

Contact: 1-877-435-7170

Shared Health Manitoba Mental Health and Addictions

"The service is committed to providing a responsive and inclusive system aimed to restore, promote and maintain mental health and well-being as well as provide addiction services and support healthy behaviours."

<https://sharedhealthmb.ca/services/mental-health/>

The National Residential School Crisis Line

It provides 24-hour crisis support to former Indian Residential School students and their families.

Toll-free: 1-866-925-4419

Hope for Wellness Help Line

This help line is for First Nations, Inuit and Metis seeking immediate emotional support.

Toll-free: 1-855-242-3310

Online chat: www.hopeforwellness.ca/