

# Protecting Manitobans RESTORING SAFE SCHOOLS



## Manitoba Pandemic Support Guide Resources for Students and Adults

### **AbilitiCBT**

This is 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/>

### **Anxiety Canada**

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

[www.anxietycanada.com/](http://www.anxietycanada.com/)

### **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., Monday through Friday, and 10:00 a.m. to 4:00 p.m. on weekends. Callers 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/anxiety-and-worry-support-program](http://www.adam.mb.ca/programs/anxiety-and-worry-support-program)

### **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**

### **Manitoba Farm, Rural and Northern Support Services (MFRNSS)**

MFRNSS offers free telephone and online counselling to farmers and rural and northern Manitobans.

[www.supportline.ca](http://www.supportline.ca)

**Contact: 1-866-367-3276**

### **Mental Health Commission of Canada**

*Resource Hub: Mental health and wellness during the COVID-19 pandemic* is a leading resource for guiding policy and practice across Canada.

[www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)

### **Stress Hacks**

This site provides resources for youth, families, and educators. Stress Hacks provides information on what stress is and how to manage it.

[www.stresshacks.ca](http://www.stresshacks.ca)

### **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](http://www.surveymonkey.com/r/WPQLZSZ). [www.mooddisordersmanitoba.ca](http://www.mooddisordersmanitoba.ca)

**Peer Support Line: 204-786-0987**

### **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>

## **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**

The Youth Crisis Stabilization System Intake Service is available to youth and families when they need help most.

**Contact: 204-949-4777**

**Toll-free (in Winnipeg): 1-888-383-2776**

### **Manitoba's Suicide Prevention and Support Line**

Open and available 24/7, 365 days a year.

**Contact: 1-877-435-7170**

### **Shared Health Manitoba Mental Health and Addictions**

Programs and resources are available for individuals and families experiencing mental health, substance use, and gambling-related difficulties, including links to crisis-related supports such as the Crisis Response Centre and the Crisis Stabilization Unit.

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