

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/

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

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

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

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

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

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>

Resiliency Building

This Canadian-made resource site for parents and educators promotes positivity and resiliency skills to bounce back and cope with adversity. It also includes a childhood book list that younger students may find interesting.
www.reachinginreachingout.com

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/>