

**Are you, or someone you care about...**

**17 and younger, experiencing...**

**Mental Health Crisis?**

**Thoughts of suicide?**

**Substance misuse?**

**Feeling... Overwhelmed?**

**Anxious? Alone? Hopeless?**

**Mobile Crisis can help you figure out what you need to feel better!**



**Call to find out how!**

**Phone: 204-778-1472**

**Or Toll Free: 1-866-242-1571**

## **Mobile Crisis Services**

**Hope North Recovery Centre for Youth  
70 Princeton Drive, Thompson, MB**

**12:00 Noon to 12:00 Midnight**

**Local phone: 204-778-1472**

**Toll Free: 1-866-242-1571**

**Fax: 204-778-1766**



Here to help

**Staff at Hope North are also available to assist:**

**Monday—Friday**

**8:30am-4:30pm**

**204-778-9977**

**Other Helpful Phone Numbers:  
(Call 24 hours a day, 7 days a week)**

**MB Suicide Line: 1-877-435-7170**

**Klinik Crisis Line: 1-888-322-3019**

**Kids Help Phone: 1-800-668-6868**

**Or text TALK to 686868**

**Or go to your nearest hospital, health center or nursing station**



**If you are  
17 years and younger  
& Feeling...**

**Different?**

**Scared?**

**Alone?**

**Angry?**

**Stressed?**

**Overwhelmed?**

**Anxious?**

**Hopeless?**

**MOBILE CRISIS  
Can Help!**

**Phone: 204-778-1472**

**Or Toll Free: 1-866-242-1571**



**NORTHERN  
HEALTH REGION**

### Who do we see?

- ◆ Youth Aged 17 and younger, experiencing a crisis who are living in Northern Manitoba.
- ◆ Parents/Guardians of youth in crisis.
- ◆ Agencies/Service Providers working with youth.
- ◆ Anyone concerned about a youth who is experiencing mental health problems, substance misuse, or thoughts of suicide.

Phone : 204-778-1472  
Toll free: 1-866-242-1571



### What do we do?

- ◆ Mobile Crisis staff will provide support to you if you are a youth, caregiver, or service provider.
- ◆ If you are a youth, we can help you sort out what you need and help assist you with your wellness plan.
- ◆ We can also help link you with other sources of help.
- ◆ Provide helpful strategies & info.
- ◆ We will follow up with you to make sure you received help.
- ◆ We will respond to requests for assessments, support and/or consultation regarding a youth in crisis, complete mental health assessments, brief screening for addictions with recommendations.



### Where do we see youth?

- ◆ We provide in-person support within a 110 km radius of Thompson and support via telephone, Telehealth (video link) to persons (at schools, at home, wherever youth are!). We are located at:

**Hope North Recovery Centre for Youth,  
70 Princeton Drive, Thompson, MB.**



Whenever you need to talk, we're open.  
24/7/365

Kids Help Phone  
1-800-668-6868  
KidsHelpPhone.ca



Call 1-800-668-6868 or text TALK to 686868

You can also chat online: daily 6pm-11 pm

Or use Facebook Messenger