

Call or Text Support/Info



Canadian Mental Health Association:
(Thompson) Self-Help 204-677-6056

Peer Connections, MB Provincial Support &
Information 1-800-263-5545

Eating Disorders Helpline: (hours vary)

Call **1-866-633-4220**

Chat online: NEDIC.ca

Child Protection:

If you think a child is being harmed/neglected,
Call: CFS at: 1-866-345-9241
Emergency line (24/7): 204-944-4050

Crisis/Support Lines: (24/7)

Gambling Helpline 1-800-463-1554

Deaf Access Counseling TTY: 204-784-4097

Manitoba Addictions Helpline 1-855-662-6605
Email: MBAddictionHelp@afm.mb.ca

Klinik Seniors Abuse Support Line:

Leave call back number during day hours:
1-888-896-7183 (Toll Free & 24/7)

Sexual Assault, Exploitation, Partner Violence

Sexual Assault Crisis Line: 1-888-292-7565

Trafficking Hotline: 1-833-900-1010

Hurt in a relationship? 1-877-977-0007

Thompson Crisis Centre: 204-778-7273
(All above are Toll Free & 24/7)



Thompson RCMP

204-677-6911

Crimestoppers

1 (800) 222-8477
Always Anonymous

**Thompson Fire
& Ambulance**
204-677-7911



MB Farm, Rural & Northern Support Services

Support for any age, for any reason,
anywhere in Manitoba.
Call: **1-866-367-3276** (Toll Free & 24/7)

The Link 116 Hemlock Crescent, Thompson
Emergency Shelter plus Street Reach & Land
Based services (17 yrs and younger)
Call: **204-778-5382** (Day hours)

Parents' Helpline PLEO

Call a Family Peer Supporter. They help parents
of children (up to 25yrs) facing mental health
challenges. Call: **1-855-775-7005** (Day hours)

MB Suicide Prevention & Support Line (24/7)

Are you?

- Having suicidal thoughts/feelings
 - Concerned about someone else
 - Impacted by suicide loss or suicide attempt
- Call: **1-877-435-7170** (Toll Free & 24/7)

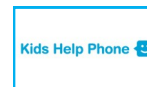


Crisis Services Canada

Call: **1-833-456-4566** (Toll Free & 24/7)
Text: **45645** (3:00pm-11:00pm in MB)

Kids Help Phone

Call: **1-800-668-6868**



Text : Youth: **686868** & Adults: **741741**
FB Messenger & online chat also available!

youthspace.ca (8pm-2am in MB)

Support to persons 29 yrs & under
Text to: **1-778-783-0177**
Chat at: www.youthspace.ca

Klinik Crisis Line (Toll Free & 24/7)

Support for people who are in crisis
and/or struggling to cope.
Toll free: **1-888-322-3019**



**NORTHERN
HEALTH REGION**

Looking for Mental Health Information and/or Support?

**Services and Supports within the
Northern Regional Health Authority:**
Thompson and Area

Community Mental Health Intake
(Adult and Child/Adolescent services)
204-677-5350 (Day Hours)

Mobile Crisis Services for Youth
(Services for youth 17 yrs and younger
12 noon to 12 midnight)
Thompson local 204-778-1472
*Toll Free **1-866-242-1571**

Hope North Recovery Centre for Youth
(Services for youth 17 yrs and younger)
204-778-9977

Emergency/Crisis Service After Hours
Thompson General Hospital
204-677-2381

Substance Use Services
204-677-7300 (Mon-Fri 8:30am-4:30pm)

Mental Health Promotion
Non-Clinical & General MH Information
Also: for copies of this pamphlet or to
suggest edits: Call: **204-778-1926** or
Email: jwhalen@nrha.ca

July 2023



Substance Use Services (formerly AFM)

Thompson: **204-677-7300**
(Mon–Fri 8:30am-4:30pm)



RAAM Clinic: 204-677-7240
90 Princeton Dr, Thompson, MB

(Clinic Hrs: Tues 9:00am to 12:00pm, Wed 1-4pm and Thurs 1-4pm)

Nurse Available 9am-4pm Monday-Friday



Anxiety Disorders Assoc. of MB

Support Line: Call: **204-925-0040**
(9 am to 9 pm - Mon to Fri)

Email: adam@adam.mb.ca for peer support with experience of anxiety & coping.

Check out website for more info at <http://www.adam.mb.ca/>

Mood Disorders Association of MB



Mood Disorders
ASSOCIATION OF MANITOBA

Helping people
help themselves

Provincial Peer Support:

Call: 1-800-263-1460

Email: peersupport@mooddordersmanitoba.ca

(Monday-Friday 9am - 9pm)

Postpartum Warmline: Call 204-560-1468
(Mon-Fri 9am-9pm)

Naseeha Muslim Youth Helpline



Peer support helpline to listen to and be there for youth experiencing personal challenges

Helpline: 1 (866) 627-3342 (NASEEHA)
Available 7 days a week (11am-8pm in MB)

Textline: 1 (866) 627-3342 (NASEEHA)
Monday to Friday Only



Mindshift - Free App!

Info on how to manage anxiety. Work through activities based on Cognitive Behavioral Therapy (CBT), track your progress & listen to relaxing audio.

They have online **groups** too! Details here: <https://www.anxietycanada.com/mindshift-groups/>



Support & survivor services to those impacted by impaired driving. Phone, text, chat support & online groups options
Website: <https://madd.ca>
In Manitoba, Call: 1-866-461-4077



LGBTQ+ Resources: Rainbow Resource Centre

Free phone counselling for members of the 2SLGBTQ+ community of all ages, families, friends & loved ones as well.

Email to setup appointment:
info@rainbowresourcecentre.org

Trans Lifeline: 1-877-330-6366

Hotline for transgender people in crisis. Including people who may be struggling with gender identity or not sure if transgender (hours may vary as volunteers available)

Pflag Canada: Support & resources to gay, lesbian, bisexual, transgender, questioning people & their family and friends.
Call 1-888-530-6777 ext 226 (24/7)
Or email gender@pflagcanada.ca

Pride North of 55: Check out their Facebook page!

Health Links Info Santé (24/7)

Answers to your health care questions:
1-888-315-9257

Indigenous Specific Resources

HOPE For Wellness Line: You can request services from: Male or Female & in Cree, Ojibway, Inuktitut, English & French.
Call: **1-855-242-3310** (24/7)
Online chat at: hopeforwellness.ca

Missing & Murdered Indigenous Women

Support Line: support to family & friends who are impacted by the loss of a missing or murdered Indigenous woman, girl or Two-spirit person. Service in Anishnaabemowin (Ojibway), Cree, Inuktitut, English & French.
1-844-413-6649 (24/7)

Residential School Crisis Line: support & crisis services **1-866-925-4419** (24/7)

Keewatin Tribal Council (KTC) - Indian Residential School Program

- for info on this or any of their many other services to communities, visit or call their office at:
23 Nickel Road, Thompson, MB.
204-677-2341

60s Scoop Peer Support Line: listening & support services **1-866-456-6060** (8am-8pm)

Manitoba Metis Federation - Mental Wellness Line for all MMF citizens. Have anxiety, depression, isolation, addiction or family issues? **1-833-390-1041** (7am-11pm)

Jordan's Principle - First Nations child need services? **1-855-572-4453** (24/7)

MKO Mobile Crisis Response Team:
1-844-927-5433 or check out their many services at: <https://mkonation.com/>