



## Winnipeg Supports and Crisis Contacts

### CRISIS LINES

- Klinik Crisis Line
  - Phone (24/7): 1-888-322-3019 or 204-786-8686
  - Website: <http://klinik.mb.ca/crisis-support/>
- Canada Suicide Prevention Services
  - Phone (24/7): 1-833-456-4566
  - Text: HELLO to 45645 between 4:00PM and 12:00AM EST
- Manitoba Suicide Line
  - Phone (24/7): 1-877-435-7170
  - Website: <https://reasontolive.ca/>
- Survivor Hopes Crisis Centre Inc.
  - Phone: 204-753-5353
- Crisis Response Centre
  - Phone (24/7): 204-940-1781
  - Address: 817 Bannatyne Ave
- Crisis Stabilization Unit
  - Phone: 204-940-3633
  - Address: 755 Portage Ave
- Mobile Crisis Unit
  - Phone: 204-940-1781
- Critical Incident Reporting and Support Line
  - Phone (24/7): 204-788-8222
- Suicide prevention & Support Line
  - Toll free: 1-877-435-7170\_

- Helpline by Indigenous Women for Indigenous Women
  - Phone (24/7): 1-855-554-4325
  - Website: <https://www.talk4healing.com/>
  - Language: available in 14 Indigenous languages, English and French
- First Nations & Inuit Hope for Wellness Help Line
  - Phone: 1-855-242-3310 (Outside of Province)
  - Language: Counselling is available in English, French, Cree, Ojibway, and Inuktitut
- Indian Residential School (IRS) 24/7 Crisis Line
  - Phone (24/7): 1-866-925-4419
- Missing and Murdered Indigenous Women and Girls Support Line
  - Phone: 1-866-818-3505
- Willow Place Crisis Line
  - Phone: 204-615-0311 or 1-877-977-0007
- Crisis Chat Line \*Currently closed due to COVID\*
  - Website: <https://supportline.ca/>
- Youth Mobile Crisis Team
  - Phone: 204-949-4777
- Youth Crisis Stabilization System
  - Phone: 204-949-4777 or 1-888-383-2776
- Resource Assistance for Youth
  - Phone: 204-783-5617
- Kids Help Phone
  - Phone: 1-800-668-6868
  - Text (open to all ages): HOME to 686868
- Peer Support
  - Toll-Free: 1-800-263-1460
  - Phone: 204-786-0987
  - Hours of Operation: 9-9 M-F & 10-4 S-S

## **SEXUAL ASSAULT/ GENDER BASED VIOLENCE/ HOUSING**

- Klinik Sexual Assault Line
  - Toll free (24/7): 1-888-292-7565
  - Phone (24/7): 204-786-8631
- Seneca House and Warmline
  - Phone: 204-942-9276
- The Laurel Centre (for women sexually abused as children 16+)
  - Phone: 204-783-5460
- Multicultural Women Against Rape
  - Phone: 416-597-8808
- Manitoba Trafficking Hotline
  - Toll free (24/7): 1-844-333-2211
- National Human Trafficking Hotline
  - Toll free (24/7): 1-833-900-1010
  - Website: <https://www.canadianhumantraffickinghotline.ca/>
- RCMP Manitoba Dispatch
  - Phone: 204-983-5420 or 911
- Domestic Violence Hotline
  - Phone: 1-877-977-0007
  - Text: 204-792-5302
  - Support/Shelter options
    - Phone: 204-805-6682
- IKWE Women's Shelter
  - Phone: 1-800-362-3344
- Status of Women
  - Phone: 1-877-977-0007
  - Text: 204-792-5302 or 204-805-6682
- Alpha House
  - Phone: 204-982-2011
  - Website: <https://www.alphahouseproject.ca/>
- Bravestone Centre
  - Phone: 204-275-2600

- Website: <http://bravestonecentre.ca/>
- Willow Place
  - Toll free: 1-877-977-0007
  - Phone: 204-615-0311
  - Text: 204-792-5302
  - Website: <https://willowplaceshelter.ca/about/>
- Sara Riel Respite
  - Phone: 204-231-0217
- Main Street Project
  - Phone for male identified: 204-306-8378
  - Phone for women identified: 204-306-7850
  - Website: [www.mainstreetproject.ca](http://www.mainstreetproject.ca)
  - Address: 190 Disraeli Street
- Salvation Army Centre of Hope
  - Phone: 204-946-9400
  - Website: <https://salvationarmy.ca/prairie/>
  - Address: 180 Henry Ave
- Siloam Mission
  - Phone: 204-956-4344
  - Website: <https://www.siloam.ca/>
  - Address: 300 Princess Street
- Ikwe-Widdjitiwin: *Indigenous women's family violence shelter*
  - Phone Number: 1-800-362-3344
  - Website: <http://www.ikwe.ca/>
- Willow Place
  - Phone: 204-615-0313 ext. 0\_
  - Website: <https://willowplaceshelter.ca/>
- Macdonald Youth Services  
(*overnight shelter for youth 12-21 years old*)
  - Phone: 204-477-1804
  - Address: 175 Mayfair Ave
- A & O: Safe Suite Initiative  
*Temporary housing for men, women and couples who are 55 years or older who are experiencing abuse or neglect.*
  - Phone: 204-956-6440

- Men's Resource Centre  
*For men and their children fleeing intimate partner domestic violence and/or abuse.*
  - Phone: 204-415-6797
- End Homelessness Winnipeg
  - Phone: 204-942-8677
- Mama Bear Clan
  - Phone: 204-947-0321
- Winnipeg Harvest
  - Phone: 204-982-3660
- MCSA-Male Childhood Sexual Abuse Therapy Program  
*Provides Long-Term Therapy (up to 2 years) to men who have experienced childhood sexual abuse. Currently a waitlist but when resources allow, offers short-term therapy (6-8 sessions) and/or group support to individuals on waitlist.*
  - Intake: 204-415-6797
- Emergency Shelter Program-Run by Wahbung Abinoonjiiag  
*Male identifying individuals residing in Manitoba experiencing intimate partner or family violence are encouraged to contact Wahbung directly (during business hours) or Manitoba Violence Crisis Line (after hours and weekends). Shelter and support services available to all men and their children across Manitoba.*
  - Phone (Wahbung): 204-925-4610 (Mon to Fri 9-5)
- Manitoba Domestic Violence Crisis Line
  - Phone: 1-877-977-0007

## MENTAL HEALTH

- Postpartum Warmline
  - Phone: [204-391-5983](tel:204-391-5983)
  - Hours of Operation: 1:30pm-9:30pm M-Sun
- Postpartum Support International
  - Toll-free: 1-800-944-4773
  - Email: [support@postpartum.net](mailto:support@postpartum.net)
  - Website: <https://www.postpartum.net/>
- Women's Health Clinic Mother's Program Warmline
  - Phone: 204-947-2422 ext. 113
  - Email: [mothersprogram@womenshealthclinic.org](mailto:mothersprogram@womenshealthclinic.org)
- Bereavement
  - Phone: 204-889-8525

- Website:  
<http://palliativemanitoba.ca/programs-and-services/bereavement-services/>
- Health links
  - Toll free (24/7): 1-888-315-9257
  - Phone: 204-788-8200
- Manitoba Farm, Rural & Northern Support Services
  - Toll free: 1-866-367-3276 (10 a.m. - 9 p.m./ Monday - Friday)
  - Website: [www.supportline.ca](http://www.supportline.ca)
- WRHA Community Mental Health Services
  - Phone: 204-788-8300
  - Mobile Crisis Service: 204-940-1781
- Manitoba Schizophrenia Society
  - Phone: 204-786-1616
- Mood Disorders Association of Manitoba Peer Support Line
  - Toll free: 1-800-263-1460
  - Phone: 204-786-0987
  - Hours of Operation: 9 a.m. – 9 p.m., Monday – Friday
- OCD Centre of Manitoba
  - Phone: 204-942-3331
- TTY Deaf access Line
  - Phone: 204-779-8902
- Canadian Mental Health Association
  - Toll free (24/7): 1-833-456-4566
  - Phone: 204-982-6100
- Bounce Back  
*Telephone coaching for anxiety, depression PTSD and OCD*
  - Website:  
<https://mbwpg.cmha.ca/programs-services/bounce-back-reclaim-your-health/>
- Adult Community Mental Health Intake
  - Phone: 204-788-8330
- Centralized Intake for Child and Adolescent Mental Health Program
  - Phone: 204-958-9600
- Youth Addictions Centralized Intake

- Toll free: 1-877-710-3999
- Youth Program
  - Phone: 204-428-6600
- Child & Youth Community Central Mental Health Intake
  - Phone: 204-958-9600
- Churchill Hospital General Ward
  - Phone: 204-675-8322
- Churchill Health Centre
  - Phone: 204-675-8881
- Family Doctor Connection
  - Phone: 204-786-7111
- Anxiety Disorders Association of Manitoba
  - Phone: 204-925-0600
- Learning Disabilities Associations of Manitoba (18+)
  - Phone: 204-774-1821
- Age and Opportunity
  - Phone: 204-956-6440
- AIDS/STD Information Line
  - Phone: 204-945-2437
- Black Youth Helpline
  - Website: <https://blackyouth.ca/>
- Anxiety Disorders Association of Manitoba COVID-19 Anxiety Support Line
  - Phone: 204-925-0040
  - Hours of Operation: M-F 9am-9pm and S-S 10am-4pm

## COMMUNITY CONNECTIONS AND SUPPORT

- Mentoring Artists for Women's Art: <https://mawa.ca>
- 'Pay what you can' option for art supplies. <https://www.artsjunktion.mb.ca/>
- Family Dynamics  
*"Provides practical support in times of need, to help you care for your children and each other"* Website: <https://familydynamics.ca/about/>
- Osborne Village Resource Centre: <https://ovrc.ca/resume-development/>

- Check out various activities and supports in the region at this link:  
<https://familydynamics.ca/resource-library/connecting-with-community/>

## **HOSPITAL-BASED MENTAL HEALTH SUPPORTS FOR PREGNANT AND POSTPARTUM PERSONS**

- Anxiety Disorders Clinic (St. Boniface Hospital)
  - Phone: 204-237-2335
  - Website: <https://wrha.mb.ca/psychology/services/anxiety-disorders/>
- Health Science Center
  - Phone: 204-787-7424
  - Website: <https://wrha.mb.ca/psychology/services/depression/>

## **MENTAL HEALTH RESOURCES FOR PERINATAL ANXIETY AND DEPRESSION**

- Mood Disorders Association of Manitoba
  - Email: [womensprogram@moodmb.ca](mailto:womensprogram@moodmb.ca)
  - Website: <http://www.mooddisordersmanitoba.ca/services/postpartum/>
- Postpartum Depression Association of Manitoba
  - Website: <https://www.ppdmanitoba.ca/>
- Postpartum Support International
  - Website: <https://www.postpartum.net/>
- Towards Flourishing
  - Website: <https://www.gov.mb.ca/healthychild/towardsflourishing/index.html>
- Women's Health Centre – Coping with Change Group
  - Phone: 204-947-2422 ext. 113
  - Email: [mothersprogram@womenshealthclinic.org](mailto:mothersprogram@womenshealthclinic.org)
  - Website: <https://whcbirthcentre.com/>

## **ONLINE RESOURCE FOR PERINATAL ANXIETY AND DEPRESSION**

- Anxiety Canada
  - Website: <https://www.anxietycanada.com/>
- Anxiety Disorders Association of Manitoba
  - Website: <http://www.adam.mb.ca/>
- Beyond Blue
  - Website: <https://healthyfamilies.beyondblue.org.au/?sekw=75660150931602>



- Informed Choices Depression
  - Website: <https://depression.informedchoices.ca/>
- March of Dimes
  - Website: <https://www.marchofdimes.org/>
- MothertoBaby
  - Website: <https://mothertobaby.org/>
- Postpartum Depression Association of Manitoba
  - Website: <https://www.ppdmanitoba.ca/>

## COUNSELLING

- Pluri- Elles Counselling (Free)
  - Phone: 204 233-1735
- Age and Opportunity Counselling Services (55+)
  - Phone: 204-956-6440
  - Website: [www.ageopportunity.mb.ca](http://www.ageopportunity.mb.ca)
- Aurora Counselling Centre (Sliding Scale)
  - Phone: 204-786-9251
  - Website: <https://www.aurorafamilytherapy.com/>
- Aulneau Renewal Centre
  - Phone: 204-987-7090
  - Website: <https://aulneau.com/>
- Centre Renaissance Centre (Bilingual, sliding scale)
  - Phone: 204-256-6750
- Cornerstone Counselling Service:
  - Phone: 204-663-0050
  - Email: [epullman@cornerstonecounselling.ca](mailto:epullman@cornerstonecounselling.ca)
- Couple's Counselling Project
  - Phone: 204-474-6711
  - Email: [couples@umanitba.ca](mailto:couples@umanitba.ca)
- Elmwood Resource Community Centre
  - Phone: 204-982-1720

- Website: [www.elmwoodcrc.ca](http://www.elmwoodcrc.ca)
- Family Dynamics
  - Phone: 204-947-1401
  - Website: <https://familydynamics.ca/>.
- Fort Garry Women's Resource Centre
  - Phone: 204-477-1123
- Jewish Child and Family Counselling Services (open to all faiths and cultural groups)
  - Phone: 204-477-7430
- Klinik Community Health Centre
  - Phone: 204-784-4059
  - Website: <http://klinik.mb.ca/>
- Ka ni Kanichihk
  - Phone: 204-953-5820
  - Website: <https://www.kanikanichihk.ca/>
- Knowles Centre
  - Phone: 204-339-1951 ext. 152
  - Website: [https://www.knowlescentre.org/moving\\_forward](https://www.knowlescentre.org/moving_forward)
- The Laurel Centre
  - Phone: 204-783-5460
  - Website: [www.thelaurelcentre.com](http://www.thelaurelcentre.com)
- Ma Mawi wi Chi Itata Centre (Indigenous)
  - Phone: 204-925-0300
  - Website: <https://www.mamawi.com/>
- Men's Resource Centre
  - Phone: 204-415-6797
  - Website: <https://www.mens-resource-centre.ca/>
- Mount Carmel Clinic
  - Phone: 204-589-9419
- North End Women's Centre
  - Phone: 204-589-7347
  - Website: <https://www.mountcarmel.ca/>

- Norwest Co-op Community Health Clinic – Youth Hub
  - Phone: 204-221-9800
  - Website: <https://norwestcoop.ca/locations/youth-hub/>
- Recovery of Hope Counselling Services
  - Phone: 204-477-4673
- University of Manitoba Psychological Services Centre
  - Website: [https://umanitoba.ca/faculties/arts/departments/psych\\_services/](https://umanitoba.ca/faculties/arts/departments/psych_services/)
- Women’s Health Clinic
  - Phone: 204-947-1517
  - Website: [womenshealthclinic.org](http://womenshealthclinic.org)

### **FINDING A PSYCHOLOGIST**

- 211 Manitoba
  - Website: <https://mb.211.ca/>
- CRHSP
  - Website: <https://www.crhsp.ca/>
- Cognitive Behaviour Institute of Manitoba
  - Phone: 204-982-3810
  - Email: [appointments.cbti@gmail.com](mailto:appointments.cbti@gmail.com)
  - Website: <https://cbtmanitoba.com/>
- Ementalhealth.ca
  - Website: <https://www.ementalhealth.ca/>
- Psychological Association of Manitoba
  - <https://www.cpm.ca/>

### **EATING DISORDERS**

- Women’s Health Clinic - Provincial Eating Disorder Prevention & Recovery Program
  - Toll free: 1-866-947-1517 ext. 137
  - Phone: 204-947-2422 ext. 137
- Health Sciences Centre - Adult ED Service Program
  - Phone: 204-787-3482
- Health Sciences Centre - Child Adolescent ED Service Program
  - Phone: 204-958-9660

## SUBSTANCE USE

- Bruce Oake Recovery Center
  - Website: <https://www.bruceoakerecoverycentre.ca>
- Manitoba Addictions Helpline:
  - Phone: 1-855-662-6605
- Addictions Foundation of Manitoba
  - Phone: 205-944-6235
- Native Addictions Council of Manitoba
  - Phone: 204-586-8395
- Family Services
  - Phone: 204-944-6229
- Teen Talk
  - Phone: 204-784-4010
- Native Addictions Council of Manitoba
  - Phone: 204-586-8395
- Macdonald Youth Services
  - Winnipeg Phone: 204-949-3799
  - Thompson Phone: 204-677-7870
- Manitoba Adolescent Centre
  - Phone: 204-477-6391
- Marymound Inc.
  - Phone: 204-338-7971
- Resource Assistance for Youth Outreach Phone
  - Phone: 204-391-2209
- Manitoba Adolescent Treatment Centre
  - Toll free: 1-877-710-3999
- Winnipeg Regional Health Authority
  - Toll free: 1-888-383-2776
  - Phone: 204-949-4777

- Arc Counselling
  - Phone: 204-202-1221
- Manitoba Addictions Helpline
  - Phone: 1-855-662-6605
- Addictions Foundation Manitoba
  - Phone: 1-866-638-2561
    - Men: 204-944-6209
    - Women: 204-944-6229
- Main Street Project, Inc.
  - Phone: 204-982-8257
- Intoxicated Persons Detention Area
  - Phone: 204-982-8250
- Crisis Services, Shelter, Drop in, Detox
  - Phone: 204-982-8245
- Mainstay Residence
  - Phone: 204-982-8260
- Rosaire House Addiction Centre, Inc.
  - Phone: 204-623-6425
- The Salvation Army - Anchorage Program
  - Phone: 204-946-9401
- St. Raphael Wellness Centre
  - Phone: 204-956-6650

-SRWC Wellness Center \*A welcoming community where people affected by addictions are accompanied on their journey towards recovery. Phone: 204-956-6650

## **2SLGBTQ+**

- Out There Winnipeg (OTW)
  - Website: [www.outtherewinnipeg.ca](http://www.outtherewinnipeg.ca)
- PFLAG

*Hosts peer support groups for parents/family/friends of those who are 2SLGBTQ+. These groups are not running currently due to COVID, however they will conduct phone calls to check-in on people/provide general support.*

- Website: <https://pflagcanada.ca>
  
- Rainbow Resource Centre
  - Phone: 204-474-0212
  
- Trans Health Clinic Front Desk
  - Phone: 204-784-4090
  
- Trans Health Program
  - Phone: 204-784-4051
  
- LGBT Youthline
  - Website <https://www.youthline.ca/>
  
- PFFOTI: PARENTS, FAMILY, AND FRIENDS OF TRANS INDIVIDUALS  
*We are a social support group that is here to talk, listen, support and work to understand the thoughts, feelings, and conflicts that often go hand-in-hand with having a loved one who identifies as transgender. We welcome you to our Facebook group as well as our personal group meetings. Please feel free to pass this group info on to anyone you know that may benefit from the PFFoTI group, as we are open to the general public. We meet on the second and fourth Tuesday of the month, 7:00pm - 9:00pm, year-round in the group room at the Rainbow Resource Centre.*
  - Email: [pffoti@rainbowresourcecentre.org](mailto:pffoti@rainbowresourcecentre.org)
  - Website: <https://rainbowresourcecentre.org/support/groups/pffoti>
  
- Like-That Sunshine House (Drop-in meetings)
  - Phone: 204-783-8565
  - Website: [www.sunshinehousewpg.org](http://www.sunshinehousewpg.org)

## **FOOD**

- Agape Table
  - Phone: 204-783-6369
  - Address: 364 Furby Street, Winnipeg
  
- Lighthouse Mission
  - Phone: 204-943-9669
  - Address: 669 Main Street, Winnipeg
  
- Missionaries of Charity
  - Phone: 204-582-2773
  - Address: 167 Aikins Street, Winnipeg

- NorWest Co-op Community Food Centre
  - Phone Number: 204-615-3117
  - Address: 103-61 Tyndall Avenue, Winnipeg
- Oak Table
  - Phone: 204-416-2240
  - Address: 109 Pulford Street, Winnipeg
- St. Matthews Maryland Community Ministry – West End Commons
  - Phone: 204-774-1846
  - Address: 365 McGee, Winnipeg
- Winnipeg Harvest Food Bank Call Centre
  - Phone: 204-982-3660
  - Website: [winnipeg Harvest.org](http://winnipeg Harvest.org)

## **HOUSING AND INCOME SUPPORT**

- Citizen's Bridge
  - Phone: 204-691-9716
  - Address: 565 Selkirk Avenue, Winnipeg
- Community Financial Counselling Services (CFCS)
  - Phone: 204-989-1900 or 1-800-573-2383
  - Address: 516-294 Portage Avenue, Winnipeg
- Doorways  
*Service matching as well as intake for individuals experiencing recurrent or chronic homelessness or aging out of CFS care.*
  - Phone number: 204-925-3830
  - Address: 103-181 Higgins Avenue (Neeginan Centre)
- EIA  
*Provincial income assistance program.*
  - Phone number weekdays: 204-948-4000
  - Phone number weekends and afterhours emergency support: 204-945-0183
- Rent Assist
  - Phone: 204-945-2197
- SEED Winnipeg
  - Phone number: 204-927-0045, Address: 80 Salter St.

- West Central Women's Resource Centre (by appointment only)
  - Phone: 204-774-8975
  - Address: 640 Ellice Avenue
- Winnipeg Rental Network
  - Website: [www.winnipegrentnet.ca](http://www.winnipegrentnet.ca)

## PARENTING RESOURCES

- Bean Family Wellness
  - Website: <https://www.beanfamilywellness.com/>
- Birth Roots
  - Website: <https://www.birthroots.org/>
- Foundations Birth Services
  - Phone: 204-228-1783
  - Website: <http://www.foundationsbirthservices.ca/>
- Healthy Baby Community Support Programs
  - Website: <https://www.gov.mb.ca/healthychild/healthybaby/csp.html>
- Healthy Start
  - Phone: 204-948-5350
  - Email: [hsmm@hsmm.ca](mailto:hsmm@hsmm.ca)
  - Website: <https://www.hsmm.ca/>
- Manitoba Association for Childbirth and Family Education
  - Website: <http://www.manitobachildbirth.com/>
- Nest Family Centre
  - Phone: 204-453-8160
  - Email: [info@nestfamilycentre.com](mailto:info@nestfamilycentre.com)
  - Website: <https://nestfamilystore.com/>
- Nobody's Perfect
  - Website: <https://nobodysperfect.ca/home/>
- Qmunity LGBTTQ Families Together
  - Email: [qmunityWPG@gmail.com](mailto:qmunityWPG@gmail.com)
  - Website: <https://qmunity.ca/>
- South Winnipeg Family Information Centre



- Website: <https://swfic.org/>
- Steinbach Family Resource Centre
  - Phone: 204-346-0413
  - Email: [family@steinbachfrc.ca](mailto:family@steinbachfrc.ca)
  - Website: <https://steinbachfrc.ca/>
- Thrive Community Support Circle
  - Phone: 204-772-9091
  - Website: <https://thrivecommunitysupportcircle.com/>
- Villa Rosa
  - Phone: 204-786-5741
  - Website: <https://www.villarosa.mb.ca/>
- The Wolseley Family Place
  - Phone: 204-560-3141
  - Website: <https://wolseleyfamilyplace.com/>
- Youville Community Health Centre
  - Website: <https://www.youville.ca/health-centre/>

## **BREASTFEEDING SUPPORTS**

- Bean Family Wellness
  - Website: <https://www.beanfamilywellness.com/>
- Foundations Birth Services
  - Phone: 204-228-1783
  - Email: [breastfeeding@foundationsbirthservices.ca](mailto:breastfeeding@foundationsbirthservices.ca)
  - Website: <http://www.foundationsbirthservices.ca/>
- Winnipeg Breastfeeding Centre
  - Phone: 204-231-1724
  - Website: <https://www.wpgbreastfeedingcentre.com/>

## **DOULA SERVICES**

- Birth Roots Doula Collective
  - Website: <https://www.birthrootsdoulas.com/>
- Indigenous Birth Helpers
  - Website: <https://www.birthsovereignty.ca/site/home>

- With Women Doula Collective
  - Website: <https://www.doulacollective.com/>

## **MENTAL HEALTH MOBILE APPS**

- Breathe2Relax (free)  
*Stress reduction*
- Calm (\$12.99/month)  
*Guided and unguided mindfulness meditation*
- Calm in the Storm (free)  
*Stress management*
- Happify (\$14.99/month)  
*Creating positive habits*
- Headspace (\$12.99/month)  
*Mindfulness meditation*
- Mind the Bump (free)  
*Mindfulness for expecting parents*
- Mindshift (free)  
*Anxiety tools*
- Mood Kit (\$6.99)  
*Manage stress, anxiety, and depression*
- Mood Gym (\$39.00/year)  
*CBT approach to manage anxiety and depression*
- Mood Mission (free)  
*Mental wellbeing tools*
- Woebot (free)  
*Designed for young adults struggling with stress*

## **ONLINE SUPPORTS**

- Big White Wall  
*24/7 Online support for positive mental health*
  - Website: <https://www.bigwhitewall.com>
- The Centre for Addiction and Mental Health

- Online Mental Health Guide
- Mental Health America
- Mutual Aid Society Facebook Group
- BIPOC Mental Health Workers Resource List-Central Neighbourhoods
- UWinnipeg Wellness
- AbilitiCBT
- Body Brave
  - Provides free/ by donation online Eating Disorder Group Meetings*
  - Website: [www.bodybrave.ca](http://www.bodybrave.ca)