

SELF HELP

www.adam.mb.ca
www.mooddisordersmanitoba.ca
www.mss.mb.ca
www.mbwpg.cmha.ca

ASK FOR HELP

from a friend, peer
or professional
when feeling
stress

Power Page

Resources
and Supports
for Adults



Interlake-Eastern
Regional Health Authority

NAVIGATING MENTAL HEALTH AND WELLNESS SERVICES IN THE INTERLAKE-EASTERN RHA

Find out how to access health and wellness services by visiting www.ierha.ca; click on **Care in Your Community**; click on **Mental Health**. Or pick up a free copy of the CMHA Mental Health Resource Guide at a Health Centre near you.



CRISIS SUPPORT & HELP LINES

Interlake-Eastern RHA Crisis Line 1-866-427-8628

Interlake-Eastern RHA Mobile Crisis Unit . 1-877-499-8770

AFM Addictions Help Line 1-855-662-6605

AFM Gambling Help Line 1-800-463-1554

Domestic Violence Crisis Line 1-877-977-0007

First Nations and Inuit Hope for Wellness Help Line . 1-855-242-3310

Manitoba Farm and Rural Stress Line 1-866-367-3276

Manitoba Suicide Prevention & Support Line 1-877-435-7170

Sexual Assault Line 1-888-292-7565

Health Links/Info Santé 1-888-315-9257

MENTAL HEALTH

www.founddrybc.ca
www.anxietycanada.com
www.heretohelp.bc.ca
www.psychosissucks.ca

www.depressionhurts.ca
www.depression.informedchoices.ca
www.ppdmanitoba.ca
www.mindyourmind.ca
www.headsupguys.org
www.ementalhealth.ca
www.dbtselfhelp.com

ADDICTIONS

www.afm.mb.ca
www.aamanitoba.org
www.whatswithweed.ca
www.al-anon.org

POST TRAUMATIC STRESS DISORDER (PTSD)

www.ptsdassociation.com
www.trauma-recovery.ca

GENDER IDENTITY—SELF ESTEEM

www.OK2bme.ca
www.rainbowresourcecentre.org

FAMILY

www.nobodysperfect.ca
www.manitobaparentzone.ca
www.parentingstrategies.net
www.triplep-parenting.ca
www.alzheimer.mb.ca
www.agingparentscanada.ca

SUICIDE PREVENTION

www.reasonstolive.ca
www.suicideinfo.ca
www.suicideprevention.ca

MINDFULNESS

www.mindful.org
www.freemindfulness.org

HEALTH AND WELLNESS

www.nutritionnorthcanada.gc.ca
www.dieticians.ca
www.nedic.ca
www.caringforkids.cps.ca
www.klinik.mb.ca



Mindfulness
Coach



Coach



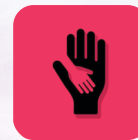
Cookspiration



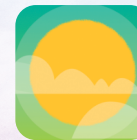
Mindshift



What's Up? -
Mental Health



COVID Coach



Bright Sky

