



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 CMAA Mental Health Resource Guide at a Health Centre near you.

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



Interlake-Eastern Regional Health Authority

CRISIS SUPPORT & HELP LINES

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| Interlake-Eastern RHA Crisis Line... 1-866-427-8628 | First Nations and Inuit Hope for Wellness Help Line 1-855-242-3310 |
| Interlake-Eastern RHA Mobile Crisis Unit 1-877-499-8770 | MB Farm & Rural Stress Line .. 1-866-367-3276 |
| AFM Addictions Help Line..... 1-855-662-6605 | MB Suicide Prevention and Support Line..... 1-877-435-7170 |
| AFM Gambling Help Line..... 1-800-463-1554 | Sexual Assault Line 1-888-292-7565 |
| Domestic Violence Crisis Line 1-877-977-0007 | |

Power Page
Resources and Supports For Youth

ASK FOR HELP from a friend, peer or professional when feeling stress

CRISIS TEXT LINE

Kids Help Phone
1 800 668 6868
kidshepphone.ca

text CONNECT to 686868

MENTAL HEALTH & ADDICTIONS

www.youth.anxietycanada.com
www.heretohelp.bc.ca
www.psychosissucks.ca
www.stresshacks.ca
www.mentalhealthliteracy.org
www.stressstrategies.ca
www.foundrybc.ca
www.keltymentalhealth.ca

www.selfhelptoons.com
www.abovetheinfluence.com
www.whatswithweed.ca
www.afm.mb.ca

SUICIDE PREVENTION

www.suicideprevention.ca
www.reasonstolive.ca
www.andrewdunn.org

TEEN TOPICS

www.teentalk.ca
www.mindyourmind.ca
www.kidshelpphone.ca
www.needhelpnow.ca
www.rainbowresourcecentre.org
www.kidshelp.org
www.mediasmarts.ca
www.mystudylife.com
www.cultureforlife.ca

BULLYING

www.prevnet.ca
www.stopabully.ca
www.athinline.org

REPRODUCTIVE HEALTH

www.serc.mb.ca
www.teenclinic.ca
www.sexandu.ca
www.ninecircles.ca

SMARTPHONE APPLICATIONS:

Booster Buddy



Smiling Mind



Mindfulness
Coach



Healthy Minds



MindShift



SAM



My Study Life



What's Up? -
Mental Health



COVID Coach

