

Long COVID / Post COVID-19 Condition

Services Available Without a Prescriber Referral

Some of these resources are only available in Winnipeg

- The resource table below lists services that can be accessed without a referral from a healthcare provider. These services may be in person, by telephone, or virtual.
- As services for Long COVID increase there may be more resources available than listed here.
- If you are looking for programs or services by a specific provider near you, refer to the private practice directories for occupational therapists, physiotherapists, and clinical psychologists (see back or next page).

Note: Fee-for-services charges may apply. Contact your healthcare insurance provider for coverage information if applicable.

Area of Concern:	What the Service Offers:	How to Access:
Nutrition	Dial-a-Dietitian connects callers to a registered dietitian to answer questions and provide easy-to-use advice on food and nutrition.	Dial-a-Dietitian 204-788-8428 or Toll free 1-877-830-2892 Self-referral form or contact an IERHA dietitian.
Multiple persistent symptoms	<p>Easy Street is a unique rehabilitation program for clients who have had a life-impacting health change such as a stroke, an acquired brain injury or COVID-19. The client-centered approach assists clients to identify their personal goals and practice the skills needed to return to independent living.</p> <p>Long COVID Self-Management Group will help you to connect with and learn from others living with Long COVID, to learn new skills to manage your symptoms and lessen their impact on your everyday life, and to learn strategies and feel more confident in managing your health.</p>	<p>Misericordia Health Centre Easy Street Self-referral possible - form</p> <p>Covid Long-Haulers Support Group Manitoba</p> <p>Long COVID Self-Management Group For questions or to register phone 204-940-2539</p>
Mental Health	<p>Klinik Crisis lines are open to people of all ages, genders and backgrounds. You do not have to be in crisis or suicidal to call. Calling the Crisis Lines can be a good place to start when trying to sort out a problem. They can also refer you to other services or programs.</p> <p>Counselling services:</p> <ul style="list-style-type: none"> • Employee Assistance Program through extended health benefits, where available • Services available in English and French - upon request in Cree, Ojibway, and Inuktitut 	<p>24 Crisis Line: 1-888-482-5361 or 204-482-5419 Klinik Crisis Support</p> <p>Shared Health Mental Health Resource Finder</p> <p>Canadian Mental Health Association Mood Disorders Association of Manitoba Anxiety Disorders Association of Manitoba</p> <p>Wellness Together Canada</p> <p>First Nations and Inuit Hope for Wellness Help Line 1-855-242-3310</p> <p>IERHA website has Mental Health Self-Help Support</p>

Shared Health, Winnipeg Regional Health Authority and Interlake-Eastern RHA do not recommend one service provider over another. Refer to the private practice directory if you are interested in finding out about any Long COVID programming or related clinical care available from a specific physiotherapy, occupational therapy, or clinical psychology practice.

Please contact Brandy Stadnyk at bstadnyk@wrha.mb.ca if you are aware of other Long COVID programs or would like your Long COVID services to be included in this resource.

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Services Available Without a Prescriber Referral Fee-For-Service

- The resource table below lists **fee-for-service providers** that have identified Long COVID services. Some fee-for-service costs may be covered by health benefits. Contact your health insurance provider for information about coverage.
- As services for Long COVID continue to be developed, there may be more resources available than listed here. If you are looking for programs or services by a specific provider near you, refer to the private practice directories for occupational therapists, physiotherapists, and clinical psychologists.

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Occupational Therapy

<http://www.msot.mb.ca/finding-ot-services/>

Physiotherapy

<https://www.manitobaphysio.com/directory>

Psychology

<https://mps.ca/find-psychologist/>

Area of Concern:	What the Service Offers:	How to Access:
Respiratory with or without physical deconditioning	<p>Tuxedo Physiotherapy provides 1:1 consultations to assess and treat breathing pattern disorders including dysfunctional breathing habits, respiratory muscle training, and airway clearance techniques. Education and home exercise programs are provided as appropriate.</p> <p>Lungtivity by Rady JCC is for anyone diagnosed with a chronic lung condition. Active Rady JCC membership is not required.</p>	<p>Tuxedo Physiotherapy Contact Cyndi Otfinowski 204-885-1109</p> <p>Rady JCC Call 204-477-7540</p>
Multiple persistent symptoms	<p>The Wellness Institute is now offering services for recovered COVID-19 patients who have ongoing symptoms related to their illness such as fatigue, muscle loss, neurological symptoms, shortness of breath and general deconditioning.</p> <p>Enabling Access Inc. has occupational therapists who conduct cognitive assessments, mental health assessments and collaboratively create treatment plans using trauma-informed care to deal with the impacts of Long COVID including stay at work or return to work planning.</p>	<p>Wellness Institute Post COVID-19 Rehabilitation and Recovery Program Call 204-632-3910</p> <p>Enabling Access Inc. Call 204-475-0433</p>
Weakness and Deconditioning	<p>Fort Richmond Physiotherapy and Sports Injury Centre provides education in pain management, breathing exercises, safe exercise and body mechanics, relaxation techniques, and strategies for energy conservation. Reconditioning, strengthening, and functional training plans for activities of daily living targeted for work duties and pain relief are provided as appropriate.</p> <p>Tuxedo Physiotherapy provides 1:1 consultations to assess and treat breathing pattern disorders including dysfunctional breathing habits, respiratory muscle training, and airway clearance techniques. Education and home exercise programs are provided as appropriate.</p> <p>Up and Running Physiotherapy provides assessment for breathing and physical conditioning/fatigue, vital signs, chest and arm mobility and education on exercise, energy use, condition recovery expectations, and home exercise programs as appropriate.</p>	<p>Fort Richmond Physiotherapy Call 204-275-6582</p> <p>Tuxedo Physiotherapy Contact Cyndi Otfinowski 204-885-1109</p> <p>Up and Running Physiotherapy Call 204-202-7226</p>

These resources have been identified as supporting people with symptoms of Long COVID. Shared Health, Winnipeg Regional Health Authority and Interlake-Eastern RHA do not recommend one service provider over another. Refer to the private practice directory if you are interested in finding out about any Long COVID programming or related clinical care available from a specific physiotherapy, occupational therapy, or clinical psychology practice.

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