

What telephone supports are available?



Flin Flon Resources:

Community Mental Health, NHR 687-1350

Flin Flon General Hospital 687-7591

RCMP 687-1422

Ambulance 687-7171 or 911

Fire 687-3100

Mood Disorders Association of MB:

- Local –1 (306) 688-0866
- Provincial—1-800-263-1460
- Postpartum Warm Line - 204-391-5983

Canadian Mental Health Association:

- Provincial—1204-982-6100

Anxiety Disorders Association of MB:

- Local 1 (204) 271-0060
- Provincial—1-800-805-8885

MB Schizophrenia Society

- Provincial—1-800-263-5545

Addictions Supports:

- Addictions Foundation of MB (204) 687-1665
- Rosaire House Addictions Ctr (204) 623-6425

Crisis Support Lines: (*toll free)

*Farm & Rural Stress Line 1-866-367-3276

*Klinik Community Health 1-888-322-3019

*MB Suicide Line 1-877-435-7170

Kids Help Phone—1-800-668-6868

Aurora House Women's Shelter (204) 623-7427

Domestic Violence Line 1-877-977-0007

Senior's Abuse Support Line 1-888-896-7183

Manitoba Farm, Rural & Northern Support Services

No matter what the issue, you can contact us. Our counselors offer free, confidential and non-judgmental support for anyone who lives on a Manitoba farm, rural area or northern community.

Call our toll free Telephone Help Line or use our On-line support (Live web chat) today.

Call: 1-866-367-3276

(Monday to Friday 10 AM to 9 PM)

After hours: 1-888-322-3019

To chat, go to:

<http://www.ruralsupport.ca>

HOPE North Flin Flon and Area Suicide
Prevention Committee

Contact Deanna Johnson at 204-681-3143

Hope North Thompson Based'
Committee on line,
www.hopenorth.ca

For upcoming events, resources, education, info
and lots more!

Want to reach out for help,
mental health information
and/or training,
but don't know where to ask?



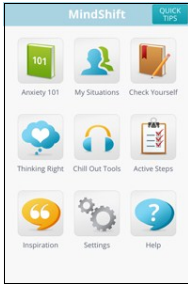
Mental Health Programs of

Northern Regional Health Authority: Flin Flon and Area

- Community Mental Health Intake
(Adult and Youth)
204-687-1350
- Emergency/Crisis Services after hours
Flin Flon General Hospital
204-687-7591
- Mental Health Promotion, Training,
Presentations and Information
204-623-9638 ext. 30094



Cool Apps for Youth!



“Mindshift”

MindShift is an app designed to

help you cope with anxiety

There are things you can do to

stop anxiety and fear from

controlling your life.



“Booster Buddy”

is designed to

help **young people** deal with mental health issues like depression, anxiety and early-onset psychosis.

“BROtalk”

designed for teenage boys and aimed at reducing stigma & gender stereotypes that often prevent young men from reaching out for help.



Cool App!

A **FREE** app for coping with the stresses of life.

“Calm in The Storm”

- Customize the experience & save your progress.
- Create your own safety plan.
- Available when you need it the most on mobile/desktop.
- Learn how to identify and manage your stress.
- Listen to audio relief sessions.

www.calminthestormapp.com

There is also a **free** guide you can view or download to learn about what stress is and learn how to live a life that is calmer.

You can access it here:

<http://www.klinik.mb.ca/docs/booklets/CalmInTheStorm.pdf>

Web-Based Help

For Youth:



www.kidshelpphone.ca

<http://www.stresshacks.ca/>



“Reason to Live” Website and Support Line

Designed not only for those thinking about suicide, but also those bereaved by suicide.

<http://www.reasontolive.ca/>



Cool App!

“MY3”



With MY3, you define your network and your plan to stay safe. With MY3 you can be prepared to help yourself and reach out to others when you are having thoughts of suicide.

**To get these cool apps check out the [Apple App Store](#) and the [Google Play Store](#)*