

**HOW ARE YOU REALLY FEELING?**

- Like the worst mother in the world
- Afraid to be alone with your baby
- Sad or empty
- Hopeless or trapped
- Irritable or easily angered
- Overwhelmed or anxious
- Uninterested in things that used to bring you pleasure
- Exhausted but unable to sleep or want to sleep all the time



**POSTPARTUM DEPRESSION**

and related illnesses are the most common complications of childbirth.

**YOU ARE NOT ALONE. THERE IS HELP.**

Talk to your health care provider and visit us at [www.ppdmanitoba.ca](http://www.ppdmanitoba.ca)



PPDAM: EMPOWERING MANITOBA FAMILIES THROUGH EDUCATION, AWARENESS & RESOURCES

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

# Be the best parent you know you can be!

July 2019

## With a little help: Options for Leaf Rapids Day Support, General Info or Crisis Support

### Health Links Info Santé

A 24/7 telephone service staffed by registered nurses with knowledge to provide answers to your health care questions and to guide you to the care you need.

**(204) 788-8200**

**King's Health and Variety**  
*(Prescription Pick up)*  
**204-473-8111**



### Mood Disorders Association of MB

Want to talk to someone who will understand and/or share your experience?

**Peer Support by phone: 204-786-0987 or**

**Toll-Free: 1-800-263-1460**

(Mon-Fri 9am - 4pm Sat-Sun 10am - 4pm)

**Postpartum Warmline:**

**Call or Text 204-391-5983 (Sat-Sun—9am—9pm)**

**Email support: [www.mooddisordersmanitoba.ca](http://www.mooddisordersmanitoba.ca)**



If you are being hurt in a relationship, call the Province-wide Crisis Line at **1-877-977-0007**

### Support & Information Day Phone Lines

#### Thompson Based

Canadian Mental Health Association and Manitoba Schizophrenia Society ..... 204-677-6056

#### Provincial

Anxiety Disorders Association of MB.. 1-800-805-8885  
Manitoba Schizophrenia Society ..... 204-786-1616

### Manitoba Suicide Prevention & Support Line

(24/7) Services available, if you are:

- Struggling with suicidal thoughts or feelings yourself
- Concerned about someone else
- Impacted by a suicide loss or suicide attempt



**Toll free: 1-877-435-7170**

## MANITOBA Farm Rural & Northern Support Services

LIVE CHAT: [supportline.ca](http://supportline.ca)

CALL TOLL FREE: **1-866-367-3276**

Free, confidential telephone & online counselling for all ages.



No matter what the issue, you can contact them. Free, confidential & non-judgmental support for anyone of any age and from any community in MB.

Call the toll free phone Help Line or use the On-line support (Live web chat)

Call: **1-866-367-3276** (Mon-Fri 10am to 9pm)

After hours: **1-888-322-3019**

### Manitoba Parent Line

**1-877-945-4777 (toll free) 8am-8pm Mon-Fri**

### Northern Health Region - Services to Leaf Rapids

Leaf Rapids Health Centre - 204-473-2441

(For medical, mental health and public health needs)



### Mobile Crisis Services for Youth 12:00 Noon to 12:00 Midnight

(Thompson) 204-778-1472 or Toll Free: 1-866-242-1571

Services for Youth Aged 17 and younger, experiencing mental health crisis

### 24 Hour Crisis/Emergency Phone Lines

- MB Suicide Prevention & Support Line ..... **1-877-435-7170**
- Kids Help Phone ..... **1-800-668-6868**
- Sexual Assault Crisis Line ..... **1-888-292-7565**
- Klinik 24 hr Crisis Line ..... **1-888-322-3019**
- Gambling Hotline ..... **1-800-463-1554**
- Thompson Crisis Center ..... **204-778-7273**
- Seniors Abuse Support Line ..... **1-888-896-7183**
- Deaf Access Counseling TTY ..... **204-784-4097**
- Crime Stoppers ..... **1-800-222-8477**



Call the toll-free Help Line at **1-855-242-3310** or connect to online chat

[hopeforwellness.ca](http://hopeforwellness.ca).

Male & Female, Cree, Ojibway, Inuktitut, English & French services available

### Thompson: 204-677-7300

(Mon-Fri 8:30am-4:30pm)



Manitoba Addictions Helpline  
**1-855-662-6605**

Email: [MBAdditionHelp@afm.mb.ca](mailto:MBAdditionHelp@afm.mb.ca)



Where: 90 Princeton Drive, Thompson

Clinic Hours: Tuesdays: 9:30am to 12:00am pm and Thursdays from 1:00 to 4:00 pm

### Alcohol and Substance Use Helpline

**1-877-327-4636**

Mon - Fri, 9am to 5pm in each of Canada's time zones. For information about the fetal effects of alcohol, nicotine and drugs like marijuana, ecstasy and cocaine.

### NCN Child and Family Services

204-473-3322



Offers non-judgmental, emotional support to any person 30 yrs and younger

Text (8pm-2am in MB):  
**(778) 783-0177**

Chat (8pm-2am in MB) at

[www.youthspace.ca](http://www.youthspace.ca)

### Jordan's Principle

Is a First Nations child you know getting the services they need?

Phone: 1-800-567-9604

TTY: 1-866-553-0554

Website:

[www.canada.ca/jordans-principle](http://www.canada.ca/jordans-principle)



### Emergency Numbers - Leaf Rapids:

Fire/Ambulance Emergency: 911

RCMP Emergency: 911

RCMP Non-Emergency: **204-473-2469**

**Child Protection:** If you think a child is being harmed or neglected contact CFS at: **1-866-345-9241** Crisis line 24/7 (emergency calls only): **204-944-4050**

**Gambling Helpline (24/7) Toll free: 1-800-463-1554**

This poster was developed by Mental Health Promotion, NRHA Thompson and Area. For more information, call 204-778-6513 Ext 222 Or email: [jwhalen@nrha.ca](mailto:jwhalen@nrha.ca)

