

Support & Information Day Phone Lines

The Pas and Area Based

Community Mental Health, NRHA204-623-9650
Addiction Foundation of MB (The Pas).204-627-8140
Rosaire House Addictions Centre.....204-623-6425
Mood Disorders Assoc. Norman Area 1-204-271-3758
Postpartum Warm Line 204-391-5983
Anxiety Disorders Assoc. Norman Area.1-204-271-0060

Provincial

AFM Toll Free Line.....1-866-291-7774
Anxiety Disorders Assoc of MB1-800-805-8885
Mood Disorders Assoc of MB 1-800-263-1460
Canadian Mental Health Association.. 1-204 982-6100

Manitoba Farm, Rural & Northern Support Services

No matter what the issue, you can contact us. Counselors offer free, confidential & non-judgmental support for anyone on a 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>

Help is out there!

Whether you are looking for Day Support, General Information
or Help During a Crisis, here are some options:

Health Links - Info Santé

24-hour, 7-days a week telephone information service. Staffed by registered nurses with the knowledge to provide answers over the phone to health care questions and guide you to the care you need.

Call anytime (204) 788-8200
or toll-free 1-888-315-9257.

“Reason to Live” Website and Support Line

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

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



REASON TO Live
SUICIDE
AFFECTS US ALL

Find your hope. We can help.
Talk to us if you, or someone you know, is **thinking about suicide** or dealing with a **suicide loss**.

Call Toll Free • 24 HRS
1-877-435-7170

LGBTTQ Resources

PFLAG Canada

24/7 support. Provides support, information and resources to gay, lesbian, bisexual, transgender or questioning people, as well as to their families and friends.

For support on gender identity,
Call toll-free 1-888-530-6777 ext 226
or Email gender@pflagcanada.ca

Trans Line

This line is primarily for transgender people experiencing a crisis. This includes people who may be struggling with their gender identity and are not sure that they are transgender. While our goal is to prevent self harm, we welcome the call of any transgender person in need.

Call: (877) 330-6366

Web-Based Help for Youth

<http://www.kidshelpphone.ca>
<http://www.stresshacks.ca/>
<http://www.brotalk.ca/>
<http://mindyourmind.ca/>
www.robbynash.com
<http://everyonemattersmanitoba.ca/>

HOPE North Thompson and Area' Suicide Prevention Committee is now online!



www.hopenorth.ca

Check it out for events, resources, education, info & more!

Parenting Support

Norman Regional Parent Child Coalition
1-204-271-3814
The Pas Family Resource Centre (TPFRC),
Family Matters, & Triple P Parenting
204-623-6349
Children's Advocate MB Line 1-800-263-7146

Seniors' Support

NHR Home Care Program 204-623-9650
Fun Seekers...204-623-9667

24 Hour Crisis/Emergency Phone Lines

The Pas Health Complex/Hospital .. 204-623-6431
MB Suicide Line..... 1-877-435-7170
Kids Help Phone..... 1-800-668-6868
Aurora House Women's Shelter.....204-623-7427
Crisis/Sexual Assault 24 hr line 1-888-292-7565
Domestic Violence Line..... 1-877-977-0007
Klinik Community Health Center 1-888-322-3019
Gambling Hotline.....1-800-463-1554
Seniors Abuse Support Line1-888-896-7183
Deaf Access Counseling TTY:.....204-784-4097
RCMP (The Pas).....204-627-6204
Ambulance204-623-4500
Fire204-627-1120

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



This poster developed by The Northern Health Region, The Pas and Area, Mental health Promotion Department

For more information please call: 204-623-9638 ext 30094

Or Email: sverville@nrha.ca

