

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/>

Be the best parent you know you can be!

July 2019

With a little help: Options for **Thompson** Day Support, General Info or Crisis Support

Babies Best Start

Designed for pregnant moms and moms with infants up to 12 months. They offer groups, home visits, breastfeeding support, cooking tips, vouchers for healthy foods and more. Transportation assistance and child care is available for mothers attending groups. **Call: 204-677-4431**

Email: babiesbeststart@marymound.com

Futures Family Resource Centre

If you have young children, or thinking of having a child, Futures has a program for you!

Call 204-677-7820

or email: futures@marymound.com



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



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

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

or toll-free

1-888-315-9257

MANITOBA Farm Rural & Northern Support Services

LIVE CHAT: supportline.ca

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

Free, confidential telephone & online counselling for all ages.

Klinic Community Health Program

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**

Online crisis chat, go to: supportline.ca



Thompson: 204-677-7300

(Mon—Fri 8:30am-4:30pm)

Manitoba Addictions Helpline
1-855-662-6605

Email: 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.

www.facebook.com



Burntwood Parent Child Coalition



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

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

Web: www.canada.ca/jordans-principle

Support & Information Day Phone Lines

Thompson Based

Canadian Mental Health Association and Manitoba Schizophrenia Society204-677-6056
Anxiety Disorders Association of MB431-754-6720

Provincial

Anxiety Disorders Association of MB1-800-805-8885
Manitoba Schizophrenia Society204-786-1616

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

Mobile Crisis Services - Hope North Recovery Centre for Youth

12:00 Noon to 12:00 Midnight

Local phone: 204- 778-1472 Toll Free: 1-866-242-1571

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

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

Northern Health Region Thompson and Area



Day Support & Information Lines:

Community Mental Health Intake: **204-677-5350**

Public Health Nurse: **204-677-5350**

24 Hour Crisis/Emergency Phone Lines

Thompson General Hospital..... **204-677-2381**
MB Suicide Prevention & Support Line .. **1-877-435-7170**
Kids Help Phone..... **1-800-668-6868**
Sexual Assault Crisis Line **1-888-292-7565**
Klinic 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**
RCMP (Thompson) **204-677-6911**
Crime Stoppers **1-800-222-8477**
Ambulance and Fire **204-677-7911**



Call the toll-free Help Line at **1-855-242-3310**

or connect to online chat

hopeforwellness.ca

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

Sexual Assault Crisis Line (24/7)

Phone: **(204) 786-8631**
Toll free: **1-888-292-7565**

Klinic Human Trafficking Hotline (24/7)

Toll Free: **1-844-333-2211**

*National Trafficking Hotline (24/7)

Toll Free: **1-844-333-2211**

(*24/7 Multilingual line 200+ languages, Deaf & nonverbal users dial 711 in any province)

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

