

**ARE YOU OR SOMEONE
YOU CARE ABOUT
STRUGGLING WITH THE
'WINTER BLUES' OR
WORSE?**

**DO YOU KNOW WHERE
YOU CAN GO OR WHO YOU
CAN CONTACT FOR
SUPPORT?**



BELOW ARE RESOURCES THAT ARE AVAILABLE TO CALL IF YOU NEED HELP

Local Support & Information Day Phone Lines/ Thompson & Area Based

Community Mental Health, Northern Health Region—204-677-5350

Mood Disorders Association of Manitoba—204-679-2324

Addictions Foundation of Manitoba—204-677-7300

Canadian Mental Health Association—204-677-6056

NRHA Mental Health Intake—204-677-5350

NRHA - Mobile Crisis Services for Youth: 17 Years and Younger

12:00 noon to 12:00 midnight - 204-778-1472 or toll free 1-866-242-1571

24 Hour Crisis/Emergency Contacts

Thompson General Hospital—204-677-2381

Manitoba Suicide Prevention & Support Line—1-877-435-7170

National Suicide Prevention & Support: Text: 45645 or Call 1-833-456-4566 (toll free)

Or online chat: ***crisisservicescanada.ca***

Kids Help Phone—1-800-668-6868

Domestic Violence Line—1-877-977-0007

Klinic 24 Hour Crisis Line—1-888-322-3019

Gambling Hotline—1-800-463-1554

Thompson RCMP— 204-677-6911

Ambulance and Fire Department— 204-677-7911

Provincial Support and Information Contacts (Hours May Vary)

Farm, Rural & Northern Support Services 1-866-367-3276 or online chat at ***ruralsupport.ca***

Anxiety Disorders Association of Manitoba—1-800-805-8885

Mood Disorders Association of Manitoba—1-800-263-1460

Canadian Mental Health Association—1-204-982-6100

Manitoba Schizophrenia Society—1-800-263-5545



**NORTHERN
HEALTH REGION**

For more information please contact:

Jennifer Whalen

Mental Health Promotion Coordinator—Northern Health Region

302-83 Churchill Drive Thompson, MB R8N 0L6

Phone: 204-778-6513 , Ext 222 or Email: jwhalen@nrha.ca