

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



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 Wabowden Day Support, General Info or Crisis Support

Alcoholics Anonymous (AA)

AA is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problems and help others to recover from alcoholism.

Telehealth meetings every Thursday 7:45-9:00pm at the Wabowden Community Health Centre

Al-Anon Meeting

Friends and family members of problem drinkers find understanding and support together at open support group by Telehealth

Every 2nd Wednesday of the Month 7:30-8:45pm
Wabowden Community Health Centre

Mel Johnson School

204-689-2620

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

Website:

www.canada.ca/jordans-principle



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**

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

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.



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

Manitoba Parent Line

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

Northern Health Region - Services to Wabowden

Wabowden Health Centre - 204-689-2600

Mental Health Intake (Thompson) 204-677-5350



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

(Thompson) 204-778-1472 and 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.

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

Sexual Assault Crisis Line (24/7)

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

Klinik 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)

EMERGENCY

Wabowden Emergency Numbers— 911

Fire/Ambulance Emergency: 911

RCMP Emergency: 911

RCMP Non-Emergency: 204-689-2685

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

