

# QUICK GUIDE

## *Mental Health & Community Resources*



RETSO has compiled the following list of phone numbers and website links to assist you in your search for community and mental health resources.

### **School-Based Counselling Services**

[Collège Pierre-Elliott-Trudeau](#)  
204.958.6888

[Kildonan-East Collegiate](#)  
204.667.2960

[Collège Miles Macdonell Collegiate](#)  
204.667.1103

[Murdoch MacKay Collegiate](#)  
204.958.6460

[River East Collegiate](#)  
204.338.4611

[Transcona Collegiate](#)  
204.958.6440

### **Emergency**

[Winnipeg Police Service](#)  
911

[Children's Hospital Emergency Department](#)  
204.787.2306

### **Medical**

[Health Links](#)  
204.788.8200

[ACCESS River East](#)  
204.938.5000

[ACCESS Transcona](#)  
204.938.5555

### **Crisis Resources**

[Youth Mobile Crisis \(MYS\)](#)  
204.949.4834

[Kids Help Phone](#)  
1.800.668.6868

[Kids Help Phone Crisis Text Line](#)  
686868

[Klinik Crisis Line](#)  
204.786.8686

[Klinik Sexual Assault Crisis Line](#)  
204.786.8631

[Manitoba Suicide Prevention & Support Line](#)  
1.877.435.7170

[Adult Mobile Crisis](#)  
204.940.1781

[Crisis Response Centre](#)  
24-Hour Walk-In, 817 Bannatyne Ave.

### **Addictions**

[Youth Addictions Centralized Intake Service](#)  
1.877.710.3999

[Manitoba Addictions Helpline](#)  
1.855.662.6605

[Family Navigator Program \(MYS\)](#)  
204.452.0551

### **Food Support**

[Harvest Manitoba](#)  
204.982.3671

### **Counselling Services**

[Centralized Intake \(MATC—Child & Adolescent Mental Health\)](#)  
204.958.9660

[Access & Transition Services](#)  
204.940.1663

[Aulneau Renewal Centre](#)  
204.987.7090

[Aurora Family Therapy Centre](#)  
204.786.9251

[Family Dynamics](#)  
204.947.1401

[Family Navigator Program \(MYS\)](#)  
204.452.0551

[New Directions \(Family Counselling\)](#)  
204.786.7051

[Rainbow Resource Centre](#)  
204.474.0212

### **Shelters & Help For Homeless Youth**

[Youth Resource Centre/Shelter](#)  
204.477.1804

[Ndinawe Safe House](#)  
204.417.7233

[Resource Assistance for Youth \(RAY\)—Youth Up To 29](#)  
204.783.5617