

Mental Health Supports

CMHA Mental Health Resource Guide 2020

[https://www.retsd.mb.ca/school/miles/Documents%20and%20Forms/CMHA%20Mental%20Health%20Resource%20Guide%202020%20\(1\).pdf](https://www.retsd.mb.ca/school/miles/Documents%20and%20Forms/CMHA%20Mental%20Health%20Resource%20Guide%202020%20(1).pdf)

COVID Resources for Newcomers and their Families

<https://www.retsd.mb.ca/school/miles/Documents%20and%20Forms/COVID%20Resources%20for%20Newcomers%20and%20their%20Families.pdf>

Guide to Winnipeg for Indigenous

<https://www.retsd.mb.ca/school/miles/Documents%20and%20Forms/Guide%20to%20Winnipeg%20for%20Indigenous.pdf>

Mental Health Resources

<https://www.retsd.mb.ca/school/miles/Documents%20and%20Forms/Mental%20Health%20Resources.pdf>

MYS Family Navigator Brochure

<https://www.retsd.mb.ca/school/miles/Documents%20and%20Forms/MYS%20Family%20Navigator%20Brochure.pdf>

Provincial Mental Health Referrals MATC

<https://www.retsd.mb.ca/school/miles/Documents%20and%20Forms/Provincial%20Mental%20Health%20Referrals%20MATC.pdf>

Wahkohtowin Brochure

<https://www.retsd.mb.ca/school/miles/Documents%20and%20Forms/Wahkohtowin%20Brochure.pdf>

Weathering the Storm Together

<https://www.retsd.mb.ca/school/miles/Documents%20and%20Forms/Weathering%20the%20Storm%20Together.pdf>

Where to Get Help

<https://www.retsd.mb.ca/school/miles/Documents%20and%20Forms/Where%20to%20Get%20Help%20-%20Youth%20Anxiety.pdf>

Winnipeg Outreach Network Resource Guide

<https://www.retsd.mb.ca/school/miles/Documents%20and%20Forms/Winnipeg%20Outreach%20Network%20Resource%20Guide.pdf>