

Adult Supports Available During COVID-19

MYS Family Therapy—partnership with UW Master of Marriage and Family Therapy program

Free family and individual therapy over the phone—officiated by master student (waitlist may exist)

Call: **204-949-3578**, email: mmft@mys.mb.ca

Family Dynamics

Free and sliding scale phone counselling

Call: **204-947-1401**

- <https://familydynamics.ca/services/counselling/>

Klinik Drop-in phone counselling-Free (13+)

Schedule and appointment by calling:

Call: **204-784-4090**—line opens at 9:00 am and you will receive a same day appointment (first come first served).

Have your Manitoba Health number available.

- <http://klinik.mb.ca/in-person-counselling/klinik-drop-in-counselling/>

Women's Health Clinic—free phone counselling

Offering counselling services for individuals who identify as female over the phone (13+)

Call their intake line: **204-947-2422 ext. 204**

Their general line: **204-947-1517**

They have other health services available—no drop-in

- <http://womenshealthclinic.org/covid19/>

Manitoba Government—AbilitiCBT-short-term Cognitive Behavioural Therapy—online (16+)

Online Digital Therapy Program offered by Morneau Shepell to assist with low-to-mid-symptoms of anxiety due to the pandemic. (*Note-Mobile App on a smartphone or tablet are used in this service*)

Individuals can expect to hear from the service within 5 business days to explain next steps.

Fill out the form using the link below:

- <https://manitoba.abiliticbt.com/home>
- <https://www.gov.mb.ca/covid19/bewell/virtualtherapy.html>

Mood Disorders Association of Manitoba (MDAM)

Free **Peer support** phone line:

Call: **204-786-0987**—Monday-Friday 9am-9pm, Saturday and Sunday 10am-4pm

- <http://www.mooddordersmanitoba.ca/>

Sara Riel—Free (18+)—Services offered remotely—phone or video chat

- **Seneca Warm Line** 24 hour peer support helpline

Call: **204-947-9276 or 204-231-0217**

- **Sara Riel Programming** is still accepting and processing applications for their services (delivery style may vary during the pandemic—for example over the phone or online)

Call: **204-237-9263**

- **Employment Warm Line** For anyone experiencing employment and financial challenges at this time.

Call: **204-237-9263**

- <https://www.sararielinc.com/language/en/home/>

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Youville—free phone counselling (13+)

Counselling, Dietician consulting, sexual health information, for all ages (Youth, Teen, and Adults)

Call: **204-255-4840** W: www.youville.ca

Rainbow Resource Centre

Free over the phone counselling, same week appointments are made starting Monday morning, 10:00 am, further sessions are discussed with the counselor during initial session.

Call: **204-474-0212 ext 201**

- <https://rainbowresourcecentre.org/news/2020/update-from-rainbow-resource-centre>

Elmwood Community Resource Centre

Text or call for counselling support (Mon-Fri 10am-6pm)

Call: **431-275-2290**

Canadian Mental Health Association (CMHA) Navigation Hub—free operating over the phone or email

Support navigating adult mental health supports.

Call: **204-775-6442**, email hub@cmhawpg.mb.ca

Peer Support through CMHA.

Call: **204-982-6113**—appointments over the phone on Mondays and Wednesdays.

Anxiety Disorders Association of Manitoba (ADAM)

ADAM has recently opened a new crisis support line for individuals experiencing increased anxiety related to COVID-19. Services are available Monday through Friday from 9:00 am – 9:00 pm and Saturday and Sunday from 10:00 am – 4:00 pm.

Call: **204-925-0040** W: <http://www.adam.mb.ca/blog/adam-s-new-support-line-info>

Help Next Door—in partnership with the Manitoba Government

Online Network for Manitobans who are looking for help, or to help others. Specifically for individuals struggling to acquire essentials while not being able to leave their home during the pandemic. See information with the website below: <https://helpnextdoormb.ca/>

App; Calm

Free app Outlines various coping strategies, and sleeping sounds