

Resources for Managing Stress and Anxiety

2020



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé

Quick Access Support

1. **Klinic Community Health 24-hour Crisis Lines** offer telephone counselling and crisis intervention: (204) 786-8686 or 1-888-322-3019. These phone lines are available for anyone to call who wishes to speak to a counsellor over the phone.
2. **Klinic Community Drop-in Counselling Service:** (204) 784-4067.
3. **Manitoba Addictions Helpline:** 1-855-662-6605 (toll free), or www.MBaddictionsHelp.ca.
4. **Crisis Response Centre (CRC)** offers crisis intervention services. All services are available 24 hours per day, 7 days per week.
 - **Walk-in and telephone services** are offered at the CRC at 817 Bannatyne Ave: (204) 940-1781.
 - **Mobile Crisis Services** are available to come to you and provide assistance with a mental health crisis: (204) 940-1781.

Group Programs

1. **Get Better Together** is a 6-week workshop designed to help Manitobans with ongoing health conditions. Led by others with health issues who understand the challenges of managing symptoms, medications and health care needs. Workshop times and list of locations can be found at wellnessinstitute.ca/gbt or call (204) 632-3900. The program is free of charge and is also available online.
2. **Cognitive Behavioural Therapy with Mindfulness (CBTm)** is a program for managing anxiety and depression offered at WRHA Access Centres and other locations across Winnipeg. Programs are also offered for help to quit smoking, eat healthier, and manage health conditions such as lung disease, heart disease and diabetes. See the Health Management Group Program Guide at: <http://www.wrha.mb.ca/community/primarycare/guide.php>. See <http://www.cbtm.ca/> for additional offerings of the CBTm program.

Online Tools for Mental Well-being

1. **MindShift CBT**—Anxiety Canada phone app (produced by the Anxiety Canada Association). Free on the Apple App Store online.
2. **Calm in the Storm** phone app (developed by Klinic): <http://www.calminthestormapp.com/>
3. **Mindfulness** phone app: <https://www.stopbreathethink.com/>
4. **YouTube Videos:** 5 minute breathing - <https://www.youtube.com/watch?v=kzsb3jHhgeU>
5 minute mindfulness - <https://www.youtube.com/watch?v=vVaMLYAiR8o>





Support Organizations

1. A detailed list of organizations and their services can be found in the **Mental Health Resource Guide for Winnipeg**: mbwpg.cmha.ca/resources/mental-health-resource-guide-for-winnipeg/ .
2. **Anxiety Disorders Association of Manitoba**: adam.mb.ca or (204) 925-0600.
3. **Mood Disorders Association of Manitoba**: mooddisordersmanitoba.ca or (204) 786-0987.
4. **Canadian Mental Health Association Manitoba and Winnipeg (CMHA)**: <https://mbwpg.cmha.ca/> or (204) 775-6442. Services include mental health and addictions service navigation and a recovery support group that meets every Thursday from 7:00-9:00 pm, to discuss strategies to manage depression and anxiety.

Finding a Counsellor

1. Ask your doctor for a referral to a qualified counsellor (a referral may be required by the counsellor or by your insurance plan to receive coverage). The Yellow Pages www.yellowpages.ca also has a list under Counsellors.
2. Your employer may have an **Employee Assistance Program (EAP)** that provides free confidential counselling or referral to counselling.

A number of organizations provide low or no cost counselling, for example:

1. **Cognitive Behaviour Therapy Institute of Manitoba** (cost of psychologists' services may be covered by your private health insurance plan): www.cbtmanitoba.com or (204) 982-3810.
2. **Age & Opportunity Counselling Services** (no charge, services are for age 55+): <https://www.aosupportservices.ca/> or (204) 956-6440.
3. **Anxiety Disorders Clinic**, St. Boniface Hospital (no cost, referral from a physician is required): (204) 237-2335.
4. **Aurora Family Therapy Centre** (sliding scale, fee depends on income): <http://aurorafamilytherapy.com/> or (204) 786-9251.
5. **Family Dynamics** (sliding scale, fee depends on income): <https://familydynamics.ca/services/counselling/> or (204) 947-1401.
6. **Private Practice Psychologists—the Manitoba Psychological Society** has a list of psychologists by their practice area (cost of psychologists' services may be covered by your private health insurance plan): <https://mps.ca/find-psychologist/> or (204) 488-7398.
7. **University of Manitoba Psychological Service Centre** (no cost): http://umanitoba.ca/faculties/arts/departments/psych_services/ or (204) 474-9222.

