

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

[Willow Tree Counselling \(Collective Sundays\)](#)
204.594.8335

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