

## QUICK GUIDE TO MENTAL HEALTH & COMMUNITY RESOURCES

The RETSD Mental Health Steering Committee 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

[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](#)

204.787.2071

### CRISIS RESOURCES

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

204.949.4777

[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 Resource Centre—18+](#)

24-Hour Walk-In, 817 Bannatyne Ave.

**COUNSELLING SERVICES**

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

204.958.9660

[Adult Mental Health Intake](#)

204.788.8330

[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, ext. 5269

[Rainbow Resource Centre](#)

204.474.0212

**ADDICTIONS**

[Youth Addictions Centralized Intake Service](#)

1.877.710.3999

[Manitoba Addictions Helpline](#)

1.855.662.6605

[Alateen/Al-Anon Family Groups](#)

204.943.6051

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

204.452.0551

**MEDICAL**

[Health Links](#)

204.788.8200

[ACCESS River East](#)

204.938.5000

[ACCESS Transcona](#)

204.938.5555

[Elmwood Teen Clinic](#)

505 Chalmers Ave.

Fall/Winter: Tuesdays, 4–7:30 p.m.

July/August: Tuesdays, 1–4:30 p.m.

**SHELTERS & HELP FOR HOMELESS YOUTH**

[Youth Resource Centre/Shelter](#)

204.477.1804

[Ndinawe Safe House](#)

204.586.2588 / 204.417.7233

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

204.783.5617

**FOOD SUPPORT**

[Winnipeg Harvest](#)

204.982.3660