

## Mental Health and Support Resources – Winnipeg, Manitoba

*Updated: October 2023*

### COUNSELLING SERVICES AND MENTAL HEALTH SUPPORTS

#### **BIPOC Mental Health Worker List**

Nine Circles Community Health Centre host the BIPOC Mental Health Worker List, which is an open-source and free resource for Indigenous, Black and Racialized individuals seeking low-barrier Indigenous, Black and Racialized therapists, counsellors, and mental health workers in Winnipeg.

- Website: <https://ninecircles.ca/news-events/welcome-the-bipoc-mental-health-worker-list-to-nine-circles-community-health-centre/>

#### **Elmwood Community Resource Centre**

ECRC has various counselling programs including an expertise in Racial Trauma Counselling, located in Winnipeg.

- Website: <http://elmwoodcrc.ca/counselling-program/>
- Email: [counselling@elmwoodcrc.ca](mailto:counselling@elmwoodcrc.ca)
- Phone: 204-982-1720

#### **Healing in Colour**

Healing in Colour is a resource that connects Indigenous, Black or Racialized individuals with a Indigenous, Black or Racialized therapist in their community. The Healing in Colour project envisions a world where there are no structural barriers to healing; where Indigenous, Black or Racialized people have access to therapy and healing.

- Website: <https://www.healingincolour.com/>

#### **Canadian Mental Health Association Service Navigation Hub**

Navigating Manitoba's complex system of care can be overwhelming. Canadian Mental Health Association helps Manitobans find the best type of care or service to match their needs. Their navigation specialist can

- Provide service navigation within the mental health and addictions systems
  - Assist people to know and exercise their rights
  - Provide short-term supports to individuals on wait lists
  - Provide guidance to families and caregivers supporting a loved one living with mental illness/addictions
  - Provide outreach to ensure a strong community presence
  - Administer evidence-based screening and assessment tools
  - Provide presentations within community about service navigation
  - Deliver targeted mental health and addictions education
  - Conduct internal CMHA program screening/intake
  - Website: <https://mbwpg.cmha.ca/programs-services/snh/>
  - Phone: 204-775-6442
  - Email: [hub@cmhawpg.mb.ca](mailto:hub@cmhawpg.mb.ca)
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## HELPLINES

### Canadian Sport Helpline

The Canadian Sport Helpline, hosted by [abuse-free sport](#), is a free, anonymous, confidential and independent service for anyone who has experienced abuse, harassment or discrimination in a sport environment. Services are offered in French and English, and you can reach the helpline through phone, text or email between 8:00am-8:00pm (ET) 7 days a week.

- Phone: 1-888-837-7678
- Email: [info@abuse-free-sport.ca](mailto:info@abuse-free-sport.ca)

### Hope for Wellness Help Line

The Hope for Wellness Help Line is available to all Indigenous peoples across Canada who need immediate crisis intervention. Experienced and culturally sensitive help line counsellors can help if you want to talk or are distressed.

- Website: <https://hopeforwellness.ca/home.html>
- Phone: 1-855-242-3310 (chat function or phone call option)

### Black Youth Helpline

The Black Youth Helpline is a the point of contact for calls to their professional services from youth, families, school districts and a variety of youth serving stakeholders. Service in French and other languages available upon request.

- Website: <https://blackyouth.ca/services/>
- Phone: 416-285-9944 or 1-833-294-8650 (Toll Free)
- Email: [info@blackyouth.ca](mailto:info@blackyouth.ca)

### Kids Help Phone

Kids Help Phone is Canada's e-mental health service offering free, confidential support to young people in English and French. Which also provides Anti-Black racism support for Black people and allies.

- Website: <https://kidshelpphone.ca/get-info/anti-black-racism-support-for-black-people-and-allies/>
- Phone: 1800-668-6868 or Text 686868

### The Canada Suicide Prevention Service

The CSPS helpline supports anyone with concerns related to suicide. Their compassionate, highly-trained responders are available 24/7/365 to help you feel safer and explore ways to cope with suicidal ideation.

- Website: <https://www.crisisservicescanada.ca/en/resources-for-marginalized-communities-and-allies/>
- Phone: 1-833-456-4566 (available in French and English) Text message support is available in English from 4:00pm to 12:00am (ET) at 45645, standard messaging rates according to your phone carrier contract may apply.