

## Contact Numbers for Help with Stress

### Klinic Community Health Centre

24-hour Crisis Line, 7 days a week  
204-786-8686 (in Winnipeg)  
1-888-322-3019 (toll free outside Winnipeg)  
Website: [www.de-stress.ca](http://www.de-stress.ca)

### Manitoba Farm and Rural Support Services

10 a.m. to 9 p.m. weekdays  
1-866-367-3276 (toll free)  
Website: [www.ruralsupport.ca](http://www.ruralsupport.ca)

### Manitoba Suicide Line

24-hour Crisis Line, 7 days a week  
1-877-435-7170 (toll free throughout Manitoba)  
Website: [www.reasontolive.ca](http://www.reasontolive.ca)

## Regional Health Authority (RHA) Contacts

### Interlake-Eastern RHA

24-hour Crisis Line: 204-482-5419 or toll free 1-866-427-8628  
Mental Health Intake: 204-785-7752 or toll free 1-866-757-6205  
Mobile Crisis Unit: 204-482-5376 or toll free 1-877-499-8770

### Northern RHA

#### Flin Flon

Crisis Line: 204-687-7591 (Flin Flon General Hospital)  
Mental Health Intake: 204-687-1350

#### The Pas

Crisis Line: 204-623-6431 (St. Anthony's General Hospital)  
Mental Health Intake: 204-623-9650

#### Thompson

Crisis Line: 204-677-2381 (Thompson General Hospital)  
Mental Health Intake: 204-677-5350  
Mobile Crisis Unit: 204-778-1472 or toll free 1-866-242-1571  
Daily from 2 p.m. to 2 a.m.

**Prairie Mountain Health - South**

24-hour Crisis Line: 204-725-4411 or toll free 1-888-379-7699

24-hour Child and Adolescent Treatment Centre Crisis Line:  
204-578-2700 or toll free 1-866-403-5459

Mental Health Intake: 204-578-2400 (adult)

**Prairie Mountain Health - North**

24-hour Crisis Line: 1-866-332-3030 (toll free)

24-hour Child and Adolescent Treatment Centre Crisis Line:  
204-578-2700 or toll free 1-866-403-5459

Mental Health Intake: 204-638-2118 or toll free 1-800-259-7541

**Southern Health–Santé Sud**

24-hour Crisis Line: 1-888-617-7715 (toll free, East of the Red River)  
1-866-588-1697 (toll free, West of the Red River)

Mental Health Intake: 1-888-310-4593 (toll free, across the RHA), or

Portage area: 204-239-3000

Steinbach area: 204-346-6701

Winkler area: 204-325-6570

**Winnipeg RHA**

24-hour Mobile Crisis Line (adult):  
204-940-1781

24-hour Crisis Line(child and adolescent):  
204-949-4777 or toll free 1-888-383-2776

Mental Health Intake: 204-940-2655 (adult)

Mental Health Intake: 204-958-9660 (child and adolescent)

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