

Please note that the information listed below is subject to change and the listing of these services is not intended as an endorsement but it is for informational purposes only.

FINDING A CLINICAL PSYCHOLOGIST

Publically Funded Clinical Psychologists:

- Department of Clinical Health Psychology Central Referral Line Phone: 204-787-7424
A referral from your primary care clinician is preferred, and self-referrals are usually not accepted. Most services involve a waiting period and not all psychological services are available. Call the intake line for more information.

Clinical Psychologists in Private Practice:

- Can be found in the yellow pages (www.yellowpages.ca), or by searching online for “psychologist” and “Winnipeg, although it’s best to confirm that someone identifying themselves as a psychologist is in fact registered to practice in Manitoba. You can confirm that someone is registered to practice as a psychologist in Manitoba by checking on the website of the Psychological Association of Manitoba. <https://www.cpm.ca/>
- **Manitoba Psychological Society**, visit www.mps.ca for information on private practice clinical psychologists. Follow “For the Public” to “MPS Psychologist Directory” to find an exhaustive list of clinical psychologists. The recommended rate for private psychologists is \$215/hr.
- **Canadian Register of Health Service Psychologists**, visit <https://www.crhsp.ca/public-profile/> to locate a psychologist

ON-LINE MENTAL HEALTH RESOURCES

- **COVID-19 YOUTH MENTAL HEALTH RESOURCES HUB** <https://jack.org/covid>
- **MB GOV. MENTAL HEALTH VIRTUAL THERAPY PROGRAM (16+)** <https://manitoba.abiliticbt.com>
- **WELLNESS TOGETHER CANADA** <https://ca.portal.gs/>
- **COGNITIVE BEHAVIOUR THERAPY & MINDFULNESS (CBTm-18+)** <https://cbtm.ca/>
- **MB GOV. CARE for YOUR MENTAL HEALTH, local resource list** <https://www.gov.mb.ca/covid19/bewell/index.html>
- **MUSLIM MENTAL HEALTH & WELLNESS** <https://www.miaonline.org/mental-health/>

EMERGENCY/CRISIS SERVICES

- **WINNIPEG EMERGENCY SERVICES OPERATOR** 911
- **WRHA CRISIS RESPONSE CENTRE (CRC)-817 Bannatyne Avenue** Phone: 204-940-1781
18 years old and up, experiencing a mental health crisis, streamlined access to mental health assessment, treatment and crisis intervention, 24/7, <https://mbwpg.cmha.ca/locations/crisis-response-centre/>
- **CRISIS STABILIZATION UNIT (CSU)-755 Portage Avenue** Phone: 204-940-3633
Provides short-term intervention for adults experiencing a mental health and/or psychosocial crisis
- **WRHA MOBILE CRISIS SERVICE-24/7** Phone: 204-940-1781
Crisis intervention, mental health assessment, and short term follow-up for adults experiencing a mental health crisis. Individuals, family members, and service providers can call for assistance
- **YOUTH CRISIS STABILIZATION SERVICES** Phone: 204-949-4777 or 1-888-383-2776
- **THOMPSON YOUTH (17 and under) MOBILE CRISIS TEAM** Phone: 204-778-1472 or toll free 1-866-242-1571
Mobile Team hours 12 pm – 12 am, seven days/week
- **WILLOW PLACE** Phone: 204-615-0311 or 1-877-977-0007
24/7 crisis line and emergency shelter for women and children experiencing domestic abuse
- **MAIN STREET PROJECT** Phone: 204-982-8229
24/7 crisis services, including emergency shelter, addiction support, housing support, health support
- **KIDS HELP PHONE-MB youth** Text: “CONNECT” to 686868 or Phone: 1-800-668-6868
- **KLINIC CRISIS LINE-24/7** Phone: 204-786-8686 or 1-888-322-3019
- **KLINIC SEXUAL ASSAULT CRISIS LINE-24/7** Phone: 204-786-8631 or 1-888-292-7565

- Manitoba Farm, Rural & Northern Support Services

supportline.ca - online counselling
Phone: 1-866-367-3276 (Mon-Fri 10 am to 9 pm)

- MANITOBA SUICIDE PREVENTION AND SUPPORT LINE-24/7 Phone: 1-877-435-7170
- FIRST NATIONS & INUIT HOPE FOR WELLNESS HELP LINE- 24/7 Phone: 1-855-242-3310

HOSPITAL EMERGENCY/URGENT CARE DEPARTMENTS

- HEALTH SCIENCES CENTRE Phone: Adult's: 204-787-3167 Children's 204-787-2306
- GRACE GENERAL HOSPITAL Phone: 204-837-0157
- ST. BONIFACE GENERAL HOSPITAL Phone: 204-233-8563
- SEVEN OAKS GENERAL HOSPITAL URGENT CARE Phone: 204-632-7133
- CONCORDIA HOSPITAL URGENT CARE Phone: 204-661-1560
- VICTORIA GENERAL HOSPITAL URGENT CARE Phone: 204-477-3148

CHILD, ADOLESCENT AND YOUTH MENTAL HEALTH

- CENTRALIZED INTAKE FOR CHILD & ADOLESCENT MENTAL HEALTH Phone: 204-958-9660
- MANITOBA ADOLESCENT TREATMENT CENTRE Phone: 204-477-6391
- HSC CHILD AND ADOLESCENT EATING DISORDERS SERVICE PROGRAM Phone: 204-958-9660
- YOUTH RESOURCE CENTRE & EMERGENCY SHELTER Phone: 204-477-1804 or 1-888-477-1804
24-hour short-term emergency shelter/basic needs via walk-in resource service to youth between 12-20 years of age
- FORT GARRY WOMENS' RESOURCE – Children's counselling ages 2-12 Phone: 204-477-1123
- YOUTH ADDICTIONS CENTRALIZED INTAKE SERVICE Phone: 1-877-710-3999

FAMILY THERAPY

- AURORA FAMILY THERAPY CENTRE-Sliding fee scale for general public Phone: 204-786-9251
- FAMILY DYNAMICS Phone: 204-947-1401
- NEW DIRECTIONS FOR CHILDREN, YOUTH AND FAMILIES Phone: 204-786-7051 ext. 5262
- THE COUPLES COUNSELLING PROJECT- Experienced abuse/violence Phone: 204-474-6711
- CENTRE RENAISSANCE CENTRE Phone: 204-256-6750
- AULNEAU RENEWAL CENTRE-Sliding fee scale for general public Phone: 204-987-7090
- NEW DIRECTIONS PARENTING CENTRE Phone: 204-786-7051

EATING DISORDERS/DISORDERED EATING

- For information on eating disorders/Disordered Eating treatment in hospital/community: eatingdisordersmanitoba.ca
- Women's Health Clinic – Provincial Eating Disorder Prevention & Recovery Program Phone: 204-947-2422, ext. 137
Email: edprogram@womenshealthclinic.org, Website: womenshealthclinic.org 866-947-1517, ext. 137 toll free
- Health Sciences Centre – Adult Eating Disorders Service Program- 18+ Phone: 204-787-3482
- Health Sciences Centre – Child & Adolescent Eating Disorders Service Program Phone: 204-958-9660
- PROVINCIAL EATING DISORDER PREVENTION & RECOVERY Phone: 204-947-2242 ext. 137 or 1-866-947-1517 ext. 137
- HSC ADULT EATING DISORDER SERVICE PROGRAM Phone: 204-787-3482

ADDICTIONS

- ADDICTIONS FOUNDATION OF MANITOBA-General inquiries Phone: 204-944-6200 or 1-866-638-2561
- MANITOBA ADDICTIONS HELPLINE- www.MBAddictionHelp.ca Phone: 1-855-662-6605
- GAMBLING HELPLINE- 24/7 Toll Free: 1-800-463-1554

COMMUNITY AGENCIES THAT MAY PROVIDE COUNSELLING OR THERAPY

Generally provided by therapists, counsellors or social workers

- CENTRE DE SANTÉ SAINT BONIFACE Phone: 204-940-1155
- CORNERSTONE COUNSELLING SERVICE-302-1200 Portage Ave Phone/TEXT: 204-663-0050
- EVOLVE (KLINIC COMMUNITY HEALTH CENTRE)-870 Portage Ave- Family violence counselling Phone: 204-784-4059
- FORT GARRY WOMEN'S RESOURCE CENTRE-1150-A Waverley St Phone: 204-477-1123

• HOPE CENTRE HEALTH CARE-240 Powers St	Phone: 204-589-8354
• IMMIGRANT WOMEN'S COUNSELLING SERVICES-200-323 Portage Ave	Phone: 204-940-2172 or +1 848-278-3303
• JEWISH CHILD & FAMILY SERVICE-C200-123 Doncaster St	Phone: 204-477-7430
• MUSLIM MENTAL HEALTH LINE (call or text, 12 pm – 9 pm EST)	Phone Line: 1-866-627-3342
• KLINIC DROP-IN COUNSELLING-870 Broadway	Phone: 204-784-4067
• KLINIC SHORT-TERM COUNSELLING-SEXUAL ASSAULT CRISIS PROGRAM INTAKE	Phone: 204-784-4059
• MA MAWI WI CHI ITATA CENTRE-350 – 200 Alpine Way	Phone: 204-925-0300 or 1-888-962-6294
• MEN'S RESOURCE CENTRE-115 Pulford Street	Phone: 204-415-6797 or 1-855-672-6727
• MOUNT CARMEL CLINIC - 886 Main Street	Phone: 204-582-2311
• NORWEST CO-OP COMMUNITY HEALTH-785 Keewatin Street	Phone: 204-938-5900
• NORTH END WOMEN'S CENTRE-394 Selkirk Avenue	Phone: 204-589-7347
• THRIVE COMMUNITY SUPPORT CIRCLE-555 Spence Street	Phone: 204-772-9091
• PLURI-ELLES-114 - 420 rue des Meurons	Phone: 204-233-1735 or 1-800-207-5874
• RAINBOW RESOURCE CENTRE-170 Scott Street Support to LGBT2SQ+ and their families	Phone: 204-474-0212 or 1-855-437-8523
• RECOVERY OF HOPE-900 Harrow St East	Phone: 204-477-4673 or 1-866-493-6202
• THE LAUREL CENTRE-104 Roslyn Road	Phone: 204-783-5460
• WOMEN'S HEALTH CLINIC	Phone: 204-947-1517 or 1-866-947-1517
• YOUVILLE CENTRE 33 Marion Street 6-845 Dakota Street	Phone: 204-233-0262 Phone: 204-255-4840

SERVICES FOR UNIVERSITY OF MANITOBA STUDENTS

• STUDENT COUNSELLING CENTRE Fort Garry Campus-474 University Centre Bannatyne Campus: S211 Basic Medical Sciences Building	Phone: 204-474-8592 Phone: 204-272-3190
• STUDENT ACCESSIBILITY SERVICES & STUDENT ADVOCACY SERVICES Fort Garry Campus: 520 University Centre Bannatyne Campus: S211 Basic Medical Sciences	Phone: 204-474-7423 Phone: 204-272-3190
• INDIGENOUS STUDENT CENTRE-Migizii Agamik (Bald Eagle Lodge) Location	Phone: 204-474-8850

SELF HELP ORGANIZATIONS

• ANXIETY DISORDERS ASSOCIATION OF MANITOBA (ADAM)	Phone: 204-925-0600 or 1-800-805-8885
• SMART RECOVERY For individuals affected by addiction, both chemical dependency and emotional or psychiatric	https://www.smartrecovery.org/
• CANADIAN MENTAL HEALTH ASSOCIATION (CMHA)	Phone: 204-982-6100
• EMOTIONS ANONYMOUS	Phone: 204-269-6248
• INDEPENDENT LIVING RESOURCE CENTRE-311A-393 Portage Avenue	Phone/TEXT: 204-947-0194 or 1-800-663-3043
• MANITOBA SCHIZOPHRENIA SOCIETY-100-4 Fort Street	Phone: 204-786-1616
• MOOD DISORDERS ASSOCIATION OF MANITOBA-100-4 Fort Street	Phone: 204-786-0987 or 1-800-263-1460
• OBSESSIVE COMPULSIVE DISORDER CENTRE MANITOBA INC-100-4 Fort St.	Phone: 204-942-3331
• OVEREATERS ANONYMOUS	Phone: 204-334-9008
• SENECA MENTAL HEALTH WARM LINE-Available 7:00pm-11:00pm daily Offers peer support, help with problem-solving and information about community resources	Phone: 204-942-9276
• S.P.E.A.K. (SUICIDE PREVENTION EDUCATION AWARENESS KNOWLEDGE)	Phone: 204-831-3610
• THE COMPASSIONATE FRIENDS-685 William Avenue Resources for bereaved parents	Phone: 204-787-4896

INFORMATION & SUPPORT FOR BRAIN DISORDERS

• ALZHEIMER SOCIETY OF MANITOBA	Phone: 204-943-6622 or 1-800-378-6699
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- LEARNING DISABILITIES ASSOCIATION OF MANITOBA Phone: 204-774-1821
- MANITOBA BRAIN INJURY ASSOCIATION Phone: 204-975-3280 or 1-866-327-1998
- Manitoba Possible (SOCIETY FOR MANITOBANS WITH DISABILITIES) Toll Free: 1-866-282-8041 or Phone: 204-975-3010
- STROKE RECOVERY ASSOCIATION OF MANITOBA Phone: 204-942-2880
- FASD LIFE'S JOURNEY INC. Phone: 204-772-1591
- INITIATIVES FOR JUST COMMUNITIES, FASD PROGRAM Phone: 204-925-1928 or 1-800-732-1963
- MANITOBA FASD CENTRE Phone: 204-258-6600

PSYCHOLOGICAL ASSESSMENT SERVICES

- NEW DIRECTIONS, Manitoba Learning Centre Phone: 204-786-7051
Assessment services for children and adults for suspected learning disabilities
- PRIVATE PRACTICE CLINICAL PSYCHOLOGISTS (see page one)
- DEPARTMENT of CLINICAL HEALTH PSYCHOLOGY (see page one)
- SCHOOL BASED PSYCHOLOGICAL ASSESSMENT (check with your child's school for service availability)

SHARED HEALTH/WRHA ADULT COMMUNITY MENTAL HEALTH SERVICES

- To access any of the following services for adults call the central intake line Phone: 204-788-8330
- Community Mental Health Services: provides Clinical Case Management services and supports
 - WRHA Mental Health Housing Services: Must be referred by a Community Mental Health Worker
 - Program of Assertive Community Treatment (PACT): Provides Specialized Treatment, Rehabilitation, and Support Services using a multidisciplinary team approach
 - Co-occurring Disorders Initiative (CODI): Provides Clinical Consultation, Case Management, Dialectal Behaviour Therapy and Specialized Treatment Services

ACCESS CENTRES

A range of health and social services are offered (may include mental health counselling):

- ACCESS Downtown-640 Main Street Phone: 204-940-3638
- ACCESS Norwest-785 Keewatin Street Phone: 204-938-5900
- ACCESS River East-975 Henderson Highway Phone: 204-938-5000
- ACCESS Transcona-845 Regent Avenue West Phone: 204-938-5555
- ACCESS Winnipeg West-280 Booth Drive Phone: 204-940-2040
- ACCESS Fort Gary-135 Plaza Drive Phone: 204-940-7100
- ACCESS St. Boniface-170 Goulet Street Phone: 204-940-1150

SERVICES FOR SENIORS

- Age and Opportunity Phone: 204-956-6440
- Geriatric Mental Health Teams Intake Phone: 204-982-0140
- Seniors Abuse & Support Line- 24/7 Phone: 1-888-896-7183
- Senior & Health Aging Secretariat, Seniors Info Line Phone: 204-945-6565 or 1-800-665-6565

Other Ways to Access Community Resources

211 Manitoba www.mb.211.ca Call: 211, or toll-free: 1-855-275-1197

HEALTH LINKS: Phone: 204-744-6581 or 1-888-315-9257: 24/7 telephone information service.

Staffed by registered nurses, provide answers over the phone to health care questions.

FAMILY DOCTOR FINDER: www.gov.mb.ca/health/familydoctorfinder or Phone: 204-786-7111 Toll-free 1-866-690-8260 or TTY/TDD call 204-774-8618

Canadian Mental Health Association's Mental Health Resource Guide for Winnipeg is located at:

<https://mbwpg.cmha.ca/resources/mental-health-resource-guide-for-winnipeg/>

GUIDE TO MENTAL HEALTH RESOURCES: For First Nations, Metis, Inuit people in Winnipeg <https://wrha.mb.ca/indigenous-health/> (published by Winnipeg Regional Health Authority)