

SHOULD I CALL NORTH OR SOUTH?



NORTH: Dauphin, Swan River, Grandview, Gilbert Plains, Roblin, Camperville, Pine River, Benito, Pelican Rapids, Birch River, Waterhen, Crane River, McCreary, Ste. Rose du Lac, Ebb & Flow, Duck Bay.

SOUTH: Brandon, Souris, Minnedosa, Neepawa, Carberry, Killarney, Deloraine, Boissevain, Melita, Treherne, Wawanesa, Elkhorn, Virden, Hamiota, Oak Lake, Shoal Lake, Erickson, Birtle, Russell, Rosburn, Reston, Baldur, Hartney.

If you are in crisis, call the following numbers for assistance:

OVER THE AGE OF 18

NORTH

1-866-332-3030

SOUTH

1-888-379-7699

UNDER THE AGE OF 18

NORTH

1-866-332-3030

ALL AREAS

1-866-403-5459



**PRAIRIE
MOUNTAIN
HEALTH**

PROVINCIAL CRISIS RESOURCES

Manitoba Suicide Line	1-877-435-7170
Sexual Assault Crisis Line	1-888-292-7565
Klinic Crisis Line	1-888-322-3019
Farm & Rural Stress Line	1-866-367-3276
	www.ruralsupport.ca



**PRAIRIE
MOUNTAIN
HEALTH**

Mental Health Services



ACCESS GUIDE

www.prairiemountainhealth.ca

CRISIS SERVICES

ARE YOU OR SOMEONE YOU KNOW EXPERIENCING A MENTAL HEALTH CRISIS?

If you are experiencing a psychosocial or mental health crisis, **call the following numbers for immediate assistance:**

OVER THE AGE OF 18

NORTH

1-866-332-3030

SOUTH

1-888-379-7699

UNDER THE AGE OF 18

NORTH

1-866-332-3030

ALL AREAS

1-866-403-5459

Or attend your local emergency department for immediate assistance.

If you do not require immediate assistance please use the next page to access mental health services in your area.



ARE YOU OR SOMEONE YOU KNOW DEALING WITH MENTAL HEALTH PROBLEMS?

Contact an Intake (Access) Worker at one of the numbers to the right.

Or you can speak with your family doctor about your concerns. Your family doctor can assist you with a mental health problem as well as assist you with gaining access to mental health services.

You can also access private counseling services, clergy, self-help groups and other community resources for assistance.

If you require immediate assistance refer to the Crisis Services on the left.

INTAKE (ACCESS) SERVICES

Contact Information

NORTH

ALL AGES

Dauphin & Area	204-638-2118
Swan River & Area	204-734-6601
Roblin	204-937-2151
Ste. Rose du Lac	204-447-4080

SOUTH

OVER THE AGE OF 18

ALL AREAS	1-855-222-6011
-----------	----------------

UNDER THE AGE OF 18

Brandon & Area	1-866-403-5459
Minnedosa, Neepawa	1-204-476-2341
Viriden, Melita, Reston, Elkhorn, Oak Lake	1-204-748-4346
Wawanesa, Carberry, Treherne, Glenboro	1-204-834-8841
Souris, Hartney, Killarney, Boissevain, Deloraine	1-204-483-6224
Russell, Shoal Lake, Birtle, Rosburn	1-204-842-3399
Rivers, Hamiota, Erickson	1-204-328-7130