



Mental Health and Wellness Resources

Crisis Services:

- Southern Health 24-hour Crisis Line 1-888-617-7715
- Boundary Trails Health Centre Emergency Department – there are crisis workers available for urgent assessments 7 days a week.
- First Nations & Inuit Hope for Wellness Help Line 1-855-242-3310 (24/7)
- Manitoba Farm & Rural Stress Line 1-866-367-3276 (24/7)
- Kids Help Phone 1-800-668-6868 or text 686868 (24/7)

Websites:

- Anxiety Canada – great website. Check out the article “Helpful Thinking” & the free online program called “My Anxiety Plan” – there is one for adults & one for children & adolescents. There is also info specific to coping with COVID. Here is the website address: <https://www.anxietycanada.com/>
- Centre for Clinical Interventions has free workbooks on a variety of topics such as depression, anxiety, perfectionism, assertiveness, sleep & tolerating distress. Go to “resources” then “looking after yourself” to access them. Here is the website: <https://www.cci.health.wa.gov.au/>

Self-help books:

There are a variety of self-help books available that focus on topics such as stress, Cognitive Behavioural Therapy & mindfulness. The examples below are available for purchase online or through the South-Central Regional Library:

- Mind over Mood by Dennis Greenberger, PHD & Christine A. Padesky, PHD. This book has a Cognitive Behavioural Therapy focus & can be used for depression, anxiety, anger, guilt, shame, etc.

- Cognitive Behavioural Therapy for Dummies (don't get caught up in the name, the "for Dummies" books are well written & easy to follow). There are several books in this series that focus on anxiety, depression, anger & overall coping strategies.

Online Course:

- The ICAN (Conquer Anxiety and Nervousness) Program is a free, online course with support. This provides adults (18+ years) with life-skills to overcome anxiety, help with depression and how to cope with major life stressors. They also provide services for children & adolescents. More information can be found at: <https://www.gov.mb.ca/covid19/bewell/virtualtherapy.html>



Counselling services:

- If you have any benefits coverage through your workplace (or parents or spouses) contact the benefits provider directly to arrange counselling
- If you would like to pay out of pocket, there are a variety of local private counsellors in the area. Some of them also provide services on a sliding scale, based on income. Here is a list of some local private counsellors (this list may not be comprehensive & is limited to services in Morden, Winkler, Altona & Carman):
 - Central Plains Counselling (George MacDonald, offices in Winkler & Carman): 204-745-3262
 - Open Skies Coaching & Counselling (Colleen Doerksen, office in Morden): 204-362-8030
 - Life Switch Counselling Services (Dianne Heinrichs, office in Winkler): 204-362-1330
 - Two Roads Counselling (Jodi Young, office in Winkler): 204-332-0342
 - Terry Warburton Counselling & Parent Consulting (office in Carman): 204-750-1153
 - Teressa (Teri) Wilson (office in Morden): 204-823-3031
 - Julia Stoesz Counselling (office in Winkler): 204-312-7577
 - Recovery of Hope (Altona/Portage/Winkler): 1-866-493-6202
 - Marcy Vandenbos Counselling (office in Carman): 204-750-0423
 - Pembina Counselling Centre: Morden 204-822-6622 & Winkler 204-331-3930
- You can self-refer to Community Mental Health. The toll-free number is 1-888-310-4593

- Talk to your family physician/primary care provider to inquire if there are mental health services available through your clinic

Apps:

1. There are a variety of mental health apps available. Here are some options:

- **Hope** by CAMH (Centre for Addiction & Mental Health) – use to create a suicide safety plan.
- **MindShift CBT** – Anxiety & Panic Relief
- **Dealing With Depression** – education, tips & strategies to manage depression.
- **MyLife Meditation: Meditate, Relax & Sleep Better** – guided mindfulness exercises.

Supports during pregnancy & postpartum:

- Go to this link to find out more information about services through Public Health & the Healthy Baby program: <https://www.southernhealth.ca/en/finding-care/care-by-topic/parents-parents-to-be/lorem-ipsum-dolor/>



- The Mood Disorders Association of Manitoba (MDAM) has a Postpartum Warm Line. Call (204) 560-1468 (M/W/F, 9 am-9 pm). They also offer an online weekly Postpartum Peer Support group on Tuesdays from 2:00 PM - 3:00 PM. To sign up or explore other resources they offer, go to: <http://www.mooddordersmanitoba.ca/services/womensprogramming>

Southern Health-Santé Sud Walk-In Counselling

Counselling is a process of helping someone to make the changes they would like to make in their lives.

If you're struggling with your mental health or with a particularly difficult problem you just haven't been able to overcome, are presently on a mental health waitlist, or need a refresher session, consider utilizing this service. Individuals 16+ are eligible for this service.

In a one-time walk-in session, you can discuss your struggles, explore coping, and get information about other resources that might help. Anything that is on your mind is a good reason to schedule a drop-in counselling session.

You can talk about:

- A life change or transition
- Grief; loss
- Relationships
- Mental Health/Wellness

- Quality of life struggles
- Alcohol and drug use

All are welcome:

- All ages, 16+
- all ethnicities
- all genders
- all orientations
- all abilities

STEINBACH (450 Main St, Steinbach MB)

Thursdays 9:00am - 3:00pm

PORTAGE LA PRAIRIE (Mental Health Access Services - 524 5th SE, Portage la Prairie MB)

Wednesdays 9:00am – 3:00pm

WINKLER (Pathways - 351 Main St, Winkler MB)

Mondays 9:00am – 3:00pm

Sessions offered on a first-come, first-serve basis.

If you are experiencing an acute mental health crisis – please access crisis services at 1-888-617-7715



