

MyHealthTeam

Mental Health Resource and Support Guide - Available during COVID-19

Counselling Support - Free/ Low Cost Service (Phone)

Government of Manitoba/Morneau Shepell	1-844-218-2955	2 Free Counselling Sessions Individual
MacDonald Youth Services	(204) 949-3579 mmft@mys.mb.ca www.mys.ca	Free Individual and family therapy Officiated by Masters student (UofW)
Family Dynamics	(204) 947-1401 www.familydynamics.ca	Free or Sliding Scale Individual Counselling Parent Coaching
Klinik Community Health Drop-In Counselling	(204) 784-4090 Have Manitoba Health Card number available www.klinik.mb.ca	Free Individual Counselling (13+) Phone line opens at 9am and you will receive a same day appointment
Women's Health Clinic	(204) 947-2422 ext. 204 www.womenshealthclinic.org	Free Individual Counselling(13+) For people who identify as women
Mood Disorders Association of Manitoba	(204) 786-0987 Online Peer Support Group Schedule http://www.mooddordersmanitoba.ca/services/onlinepeersupport/	Free Peer Support Line (Mon-Fri 9am-9m; Sat-Sun 10am-4pm) Online Peer Support Groups (Check online for weekly group schedule)
Centre Sara Riel <ul style="list-style-type: none"> • Mental Health Counselling • Seneca Warm Line 	Counselling: (204) 237-7165 Seneca Warm Line: (204) 947-9276 -24 hour helpline, 15 minute maximum https://www.sararielinc.com/language/en/home/	Free Individual Counselling (18+)

Youville	(204) 255-4840 www.youville.ca	Free Individual Counselling (13+)
Rainbow Resource Center	(204) 474-0212 ext. 201 www.rainbowresourcecenter.org	Free Individual Counselling to LGBT2SQ+ people, their partners, parents
Elmwood Community Resource Center	(431) 275-2290 Text or Call the Counselling Support Line 10am-6pm http://elmwoodcrc.ca/	Free Individual Counselling
Anxiety Disorders Association of Manitoba (ADAM) • Crisis Support Line	(204) 925-0040 Mon - Fri 9am-9pm Sat-Sun 10am-4pm http://www.adam.mb.ca/	Free Individual Support
Canadian Mental Health Association (CMHA) • Peer Support	(204) 982-6113 Monday & Wednesdays https://cmha.ca/	Free Individual Support
Youth Crisis Support Services	(204) 949-4777 24/7 crisis line www.mys.ca	Free Individual support (21 yrs and younger)
Addiction Foundation Manitoba (AFM)	(204) 944-6247 https://afm.mb.ca/	Free Individual addictions counselling
Age & Opportunity	(204) 956-6440 https://www.aosupportservices.ca/	Free Individual (55+) counselling (Can be done over Zoom as well)
Aulneau Renewal Center (bilingual)	(204) 987-7090 Intake is completed through online portal: https://aulneau.com/counselling/register-for-counselling/	Sliding Scale Youth, Adults, Families
Jewish Child & Family Services	(204) 477-7430 https://www.jcfswinnipeg.org/	3 Free Counselling Sessions Youth, Adults, Families
Mount Carmel Clinic	(204) 582-2311 https://www.mountcarmel.ca/	Free Youth, Adults (2-3 week waitlist) *Must be from Point Douglas area

Pluri-Elles Must speak French	(204) 233-1735 https://www.pluri-elles.mb.ca/	Free Individual and Couple
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Resources

Manitoba Government - AbilitiCBT

Cognitive behavioural therapy (CBT) is one of the most effective forms of therapy. AbilitiCBT by Morneau Shepell is a **free** digital therapy program available to all residents of Manitoba age 16 or older experiencing mild to moderate symptoms of anxiety and depression due to the pandemic. It's confidential and accessible on your computer, smartphone or tablet.

You do not need to be referred by a doctor to use AbilitiCBT.

Sign up at <https://manitoba.abiliticbt.com/home>

A&O Services - Senior Center without Walls

Provides **free** educational and recreational programming for individuals 55+ in a fun and interactive atmosphere where all programming is provided over the phone. In a time of disconnection and isolation, SCWW can assist in finding community and purpose. Programming topics include: educational presentations, health and wellness, language classes, book clubs, travelogues and support groups. You may register for programs at any time during the term. You will be mailed materials related to a program such as pictures and presentation handouts.

Go to

<https://www.aosupportservices.ca/our-three-pillars/social-engagement/senior-centre-without-walls/> to download program guide. Call (204) 956-6440 to register.

Virtual Group Education

The Health Management Group Program Guide outlines all regional groups now being offered virtually: <http://wrha.mb.ca/groups/health-education-programs/>

Coping with COVID-19

For anyone who needs to talk or is having anxiety around the changes that are happening due to COVID-19. This service is **free**.

Mon 1:30-2:30pm Nov. 2, 9, 16, 23, 30, Dec. 7, 2020 204-940-7452 (Register)



Cognitive Behavioural Therapy with Mindfulness (CBTm)



Learn problem-solving strategies for changing unhelpful patterns of thinking and behaviour. Introduces practical mindfulness exercises in order to reduce stress. All available groups are offered virtually and are **free**.

Wed	10:00-11:00am	Nov. 18, 25, Dec. 2, 9, 2020	204-940-7452 (Register)
Thurs	5:30-7:00pm	Jan. 7, 14, 21, 28, 2021	204-940-7452 (Register)
Tues	1:30-3:00pm	Mar. 2, 9, 16, 23, 2021	204-940-7452 (Register)

Apps (Android, iOS, Tablet)

In recent years, there’s been a proliferation of mental health apps available to smartphone users. These reasonably-priced, or most often free, mental health apps offer a wealth of resources that make therapeutic techniques more accessible, portable, and cost-effective. These apps are not a replacement to counselling, but are a great resource that offers tools to help manage your mental health during these stressful times.

<p style="text-align: center;">What’sUp</p> 	<p>What’s up is an amazing app that uses Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, Stress, and more.</p> <p>Free</p>
<p style="text-align: center;">Mood Kit</p> 	<p>MoodKit uses the foundation of Cognitive Behavioral Therapy (CBT) and provides users with over 200 different mood improvement activities. Developed by two clinical psychologists, MoodKit helps you learn how to change how you think, and develop self-awareness and healthy attitudes.</p> <p>\$6.99</p>

<p>MindShift</p> 	<p>MindShift is one of the best mental health apps designed specifically for teens and young adults with anxiety. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety.</p> <p>Free</p>
<p>CBT Thought Record Diary</p> 	<p>The centerpiece of cognitive-behavioral therapy is changing your emotions by identifying negative and distorted thinking patterns. You can use CBT Thought Record Diary to document negative emotions, analyze flaws in your thinking, and reevaluate your thoughts.</p> <p>Free</p>
<p>Happify</p> 	<p>Need a happy fix? With its psychologist-approved mood-training program, the Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts.</p> <p>Free</p>
<p>MoodTools</p> 	<p>MoodTools aims to support people with clinical depression by aiding the path to recovery. Discover helpful videos that can improve your mood and behavior, log and analyze your thoughts using Cognitive Behavioral Therapy (CBT) principles, develop a suicide safety plan and more.</p> <p>Free</p>