

## **Free and low-cost counselling and mental health support during the COVID-19 pandemic**

### **Macdonald Youth Services**

- MYS family therapy – free over-the-phone therapy for individuals and families  
204-949-3578, or email [mmft@mys.mb.ca](mailto:mmft@mys.mb.ca)
- 24/7 youth crisis line, mobile crisis team, and phone counselling for youth and parents  
204-949-4777 or 1-888-383-2776  
<https://www.mys.ca/services/youth-crisis-services>

### **Family Dynamics**

- free and sliding scale phone counselling for individuals and families  
204-947-1401  
<https://familydynamics.ca/services/counselling/>

### **Klinic**

- free drop-in phone counselling (13+)  
204-784-4090  
<http://klinik.mb.ca/in-person-counselling/klinik-drop-in-counselling/>
- Crisis line (24/7)  
(204) 786-8686 or 1-888-322-3019  
<http://klinik.mb.ca/crisis-support/>

### **Women's Health Clinic**

- free phone counselling for individuals who identify as women (13+)  
204-947-1517  
<https://womenshealthclinic.org/covid19/>

### **Rainbow Resource Centre**

- free phone counselling for 2SLGBTQ+ people and their partners, parents, families  
204-474-0212 or 1-855-437-8523  
<https://rainbowresourcecentre.org/news/2020/update-from-rainbow-resource-centre>

### **Nor'West Co-op Community Health**

- phone counselling  
204-938-5900
- Youth Hub – telephone counselling (ages 14-24)  
204-221-9800 to make an appointment
- Youth QuarantEEN Support Line  
204-792-2277

<https://norwestcoop.ca/about-us/in-the-news/norwest-community-health-suspended-services/>

**Sara Riel**

- Free support by phone or online, and support for people facing employment and financial challenges (18+)  
204-237-9263
- Seneca Warm Line 24-hour peer support helpline  
204-947-9276 or 204-231-0217

<https://www.sararielinc.com/language/en/home/>

**Youville Community Health Centre**

- free phone counselling (13+)  
204-255-4840

<https://www.youville.ca/health-centre/counselling>

**Aulneau Renewal Centre**

- wellness check-in – free support coping with isolation and stress (16+)  
204-987-7090

<https://aulneau.com/covid-19-update/>

**Elmwood Community Resource Centre**

- text or call for counselling  
431-275-2290

<http://elmwoodcrc.ca/covid-19-resources/>

**Canadian Mental Health Association (CMHA)**

- Navigation Hub – support navigating adult mental health supports  
204-775-6442, email [hub@cmhawpg.mb.ca](mailto:hub@cmhawpg.mb.ca)

<https://mbwpg.cmha.ca/news/cmha-manitoba-and-winnipegs-adapted-service-delivery-due-to-covid-19/>

- Peer Support through CMHA  
204-982-6113

**Manitoba Government**

- short-term online Cognitive Behavioural Therapy (16+)

<https://www.gov.mb.ca/covid19/bewell/virtualtherapy.html>

**Manitoba Adolescent Treatment Centre (MATC)**

- online counselling  
204-958-9660

<https://matc.ca/>

### **Mood Disorders Association of Manitoba (MDAM)**

- free peer support phone line  
204-786-0987  
<http://www.mooddordersmanitoba.ca/>
- online peer support groups  
<https://www.facebook.com/MoodDisordersMB/>

### **Anxiety Disorders Association of Manitoba (ADAM)**

- crisis support for people experiencing increased anxiety related to COVID-19  
204-925-0040  
<http://www.adam.mb.ca/blog/adam-s-new-support-line-info>

### **Inspire Community Outreach**

- free online art support group (for youth under 18)  
<https://docs.google.com/forms/d/e/1FAIpQLSfpm38fxoxBRPfJCfhUlbrxrp3c3k0BCBTsmwxXFBqFVBkw/viewform>
- private therapy sessions for caregivers  
204-996-1547 or email [info@inspirecommunityoutreach.ca](mailto:info@inspirecommunityoutreach.ca)
- Free online tool kit available to assist with mental health and educational resources during the pandemic  
<https://mailchi.mp/a290f8e0a942/covid19toolkit>
- Online group therapy for caregivers of sensitive kids (limited space available)  
<https://docs.google.com/forms/d/e/1FAIpQLSd-rb8aLMD3MeEEE8xszb9ig1e58CKXeoMDzI2LZYnkLD9-FA/viewform>
- Computers for Kids—affordable, and free computers to assist with at home learning  
<https://inspirecommunityoutreach.ca/computers-for-kids/>

for more information see <https://inspirecommunityoutreach.ca/covid-19/>

### **Addictions Foundation Manitoba (AFM)**

- free phone counselling for people or people with family members struggling with addictions  
204-944-6334 or 1-855-662-6605  
<https://afm.mb.ca/>

### **Manitoba Parent Line**

- free over-the-phone support for parents in Manitoba  
204-945-4777 or 1-877-945-4777  
[http://www.manitobaparentzone.ca/manitoba\\_parent\\_line\\_info.html](http://www.manitobaparentzone.ca/manitoba_parent_line_info.html)

### **Wellness Together Canada**

- online mental health resources  
<https://ca.portal.gs/>

**Calm (Smartphone App)**

- Free app outlines various coping strategies  
<https://www.calm.com/>

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*List prepared by West Broadway Community Organization with information from Michelle from Macdonald Youth Services*