

Resources available for teens/youth

Crisis lines:

Youth Mobile Crisis Line

WRHA Youth 24 hr. Crisis Service Winnipeg
204-949-4777 or 1-888-383-2776

<https://wrha.mb.ca/mental-health/crisis-services/>

Klinik Crisis Support Line

204-786-8686 or 1-888-322-3019

Mental HealthMobile Crisis Services

24hr services, 817 Bannatyne Ave.

204-940-1781

The Link - youth & Family Supports

www.thelinkmb.ca

Formerly - Macdonald Youth Services.
MYS Family Navigators guide youth 13 - 24 & their families through a network of mental health & addiction supports; youth resource centers and emergency shelters; community support services; indigenous initiatives; youth HUB; skills 4 life; clinic & nurse practitioner; educational supports; northern independent living supports for youth; social enterprise; etc. in Manitoba.

Manitoba Addictions Helpline

1-855-662-6605

Kids Help Phone (Teen Line)

www.kidshelpphone.ca

Canadian organization that provides 24/7 free, confidential online and telephone counselling in French and English.

1-800-668-6868 or text **CONNECT** to 686868

Norwest Youth Hub

www.norwestcoop.ca/programs/services/youth-hub

Monday to Friday, 11:00am-6:30:00pm
Saturday: 9:30am - 5:00pm

Call 204-221-9800 or email
youthhub@norwestcoop.ca

@NorWestYouthHub on Twitter, Instagram & Facebook

Reason to Live - MB Suicide Prevention & support Line

www.reasontolive.ca

1-877-435-7170 Toll Free

The Manitoba suicide prevention and support line is a toll-free confidential 24 hour crisis line run by trained crisis counsellors from Klinik Community Health.

Canada 9-8-8 Suicide Crisis Helpline:

Call or text 9-8-8 if you are at risk.

<https://988.ca/>