

## 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
	<a href="http://www.ruralsupport.ca">www.ruralsupport.ca</a>



**PRAIRIE  
MOUNTAIN  
HEALTH**

## Mental Health Services



**ACCESS GUIDE**

[www.prairiemountainhealth.ca](http://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
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#### UNDER THE AGE OF 18

Brandon & Area	1-866-403-5459
Minnedosa, Neepawa	1-204-476-2341
Virden, 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