

**Emergency (Ambulance, Fire & Police) Call 911**

**CRISIS/SUICIDE**

<b>Westman Crisis Services (24/7): Mobile Crisis Unit</b> .....	<b>204-725-4411 or 1-888-379-7699</b>
Crisis Stabilization Unit .....	204-727-2555
<b>Manitoba Suicide Prevention &amp; Support Line (24/7): Crisis Line</b> .....	<b>1-888-322-3019 OR Suicide Line: 1-877-435-7170</b>
Talk Suicide (24/7) .....	1-833-456-4566
Manitoba Domestic Abuse Crisis Line (24/7) (if in danger call 911) .....	1-877-977-0007
Klinic Sexual Assault Crisis Line (24/7) .....	1-888-292-7565
Trans Lifeline (24/7) .....	1-877-330-6366
Prairie Mountain Health Child & Adolescent Treatment Services (24/7) Crisis Line .....	1-866-403-5459
Westman Women’s Shelter (24/7) (shelter for abused women) .....	204-727-3644
Manitoba Poison Centre (24/7) .....	1-855-776-4766
First Nations & Inuit Hope for Wellness Help Line (24/7) (crisis intervention counselling) .....	1-855-242-3310
Indian Residential School Survivors Crisis Line (24/7) 1-866-925-4419 <b>or</b> Residential Survivors .....	1-800-721-0066
Missing & Murdered Indigenous Women & Girls Crisis Line (24/7) .....	1-844-413-6649
Human Trafficking Hotline (24/7) .....	1-833-900-1010

**HELP LINES**

Kid’s Help Phone (24/7) .....	1-800-668-6868	Farm, Rural & Northern Stress Line ..	1-866-367-3276
Kid’s Help Phone Free Texting (24/7).....Text CONNECT at 6-8-6-8-6-8		Dial-A-Dietitian .....	1-877-830-2892
National Eating Disorder Information Centre .....	1-866-633-4220	Smokers Help Line .....	1-877-513-5333
Manitoba Addictions Help Line .....	1-855-662-6605	Seniors Abuse Support Line .....	1-888-896-7183
National Overdose Prevention Hotline .....	1-888-688-6677	Health Links (24/7 health information)	1-888-315-9257
Manitoba’s Family Doctor Finder Program .....	1-866-690-8260	Manitoba Addictions Help Line .....	1-855-662-6605

**7<sup>TH</sup> STREET HEALTH ACCESS CENTRE - PRAIRIE MOUNTAIN HEALTH (PMH)**

Provides health care and social supports for people of low income (i.e. Service Navigator, Nurse Practitioner, Physician, Social Worker, Housing Resource Worker, Addiction Services - Open 10:00 am - 6:00 pm 7 days a week ..... 204-578-4800

**MENTAL HEALTH & ADDICTIONS**

PMH Child & Adolescent Mental Health Services .....	204-578-2700	Mood Disorders Association of MB.....	204-721-2174
PMH Community Mental Health .....	204-578-2400	Addiction Services - Parkwood .....	204-729-3838
PMH Seniors Mental Health.....	204-578-2400	Youth Addictions Centralized Intake	1-877-710-3999
Brandon & Area Suicide Bereavement Support Group..	204-761-4083	Alcoholics Anonymous (AA).....	1-877-942-0126
Joshua Jacks Centre (6 nonmedical detox beds).....	204-727-4557	Sober Living (housing for recovery) ....	431-541-2187
Manitoba Opioid Support & Treatment (MOST).....	204-729-3854	Gambling Help Line .....	1-800-463-1554
Wellness Together Canada (24/7 mental health counselling for adults) .....	Text 741741 “Wellness” or phone		1-866-585-0445

**ADVOCACY & SOCIAL SUPPORTS**

Office of the Children’s Advocate.....	1-800-263-7146	Community Respite Services .....	204-727-4910
Women’s Resource Centre .....	204-726-8632	Manitoba Possible (disabilities).....	204-726-6157
John Howard Society (men’s resource centre) .....	204-727-1696	Family Visions (disabilities) .....	204-726-5602
Samaritan House Employment Resource Centre.....	204-717-3503	Children’s DisABILITY Services .....	1-844-805-0004
Manitoba Victim Services .....	204-726-7400	Huddle Brandon (ages 12-29).....	204-717-6565
Clearing the Path (support for hoarding) .....	204-726-0758 ext. 3	Consumer Protection Office .....	1-800-782-0067
Turning Leaf Support Services (support for vulnerable people; help with mental health & homelessness) .....			204-717-1236

**LITERACY & EDUCATION**

Samaritan House Ministries Training Centre .....	204-727-1268
Brandon Literacy Council Inc .....	204-729-9964
Assiniboine Community College Adult Learning.....	204-725-8735
Sexuality Education Resource Centre (SERC) .....	204-727-0417

**LEGAL SUPPORT**

Law Phone in & Lawyer Referral.....	1-800-262-8800
Legal Aid Manitoba (Brandon).....	204-729-3484
Family Justice Resource Centre.....	1-844-808-2313

## GOVERNMENT BENEFITS & FINANCIAL SUPPORTS

To get government benefits, you must file a tax return even if you don't make any money.

Community Volunteer Income Tax Program (7 <sup>th</sup> Street Health Access Centre) .....	204-578-4800
Community Financial Counselling Services .....	1-888-573-2383
Credit Counselling Society .....	1-888-527-8999
First Nations Health Benefits (non-insured health benefits for First Nations).....	1-866-876-9701
Service Canada (federal benefits) .....	1-800-622-6232
Canada Child Benefit .....	1-800-387-1193
Employment & Income Assistance.....Daytime Monday-Friday 204-726-6438 or after hours emergency only..	1-866-559-6778

## CHILDREN & FAMILIES

Child & Family Services of Western Manitoba (Intake agency, emergency & after hours).....	204-726-6030 or 1-800-483-8980
Manitoba Online Childcare Registry.....	1-888-213-4754
La Leche League (breastfeeding support).....	204-272-0238
Healthy Baby Program.....	204-578-2545
Elspeth Reid Family Resource Centre .....	204-726-6280
Midwifery Services – Prairie Mountain Health .....	204-571-5530
Pregnancy Support Centre of Westman .....	204-727-6161

## PUBLIC HEALTH - PRAIRIE MOUNTAIN HEALTH

Provides support to individuals, families & communities to promote health & prevent disease .....	204-578-2500
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## OLDER ADULTS

Seniors for Seniors Coop Inc. (programs for age 55 and older).....	204-571-2050
Alzheimer Society of Manitoba - Brandon office .....	204-729-8320

## CULTURAL SERVICES

Brandon Friendship Centre (services with initial emphasis on Aboriginal people) .....	204-727-1407
Manitoba Metis Federation Inc (meets the needs of Metis people).....	204-725-7520
Westman Immigrant Services (helps permanent residents & refugees with settlement services & programs) .....	204-727-6031
Life's Journey Inc. (Indigenous spiritual care; independent living supports) .....	204-772-1591

## HOUSING

Non – EIA & EIA Rent Assist (Government of Manitoba program) .....	1-877-587-6224
YWCA Westman Women's Shelter .....	Office: 204-571-3680 Crisis: 204-727-3644 or Toll Free: 1-877-977-0007
Community Health & Housing Association.....	204-727-5425
Manitoba Housing .....	204-726-6455
Housing Resource Worker, 7th Street Health Access Centre.....	204-578-4800
Brandon Neighborhood Renewal Corporation (BNRC).....	204-729-2490
BNRC Ask Auntie (supports & gathering space for vulnerable & homeless people).....	204-729-2490
Youth for Christ .....	204-727-1251
Residential Tenancies Branch .....	1-800-656-8481
Brandon Community Welcome Co-op Inc (housing & programs for mental health support).....	204-728-1514

## FOOD

Helping Hands Soup Kitchen .....	204-727-4635	Salvation Army .....	204-727-6271
St. Augustine's Church .....	204-727-4728	Samaritan House (Food Bank) .....	204-726-0758
Food Rescue Store (rescued food for a low cost) Open Thurs & Fri 3-6 pm, Sat 10- 4 pm .....	719 Rosser Ave		

## THRIFT STORES

Elspeth Reid Family Resource Centre .....	204-726-6280	MCC Thrift Store .....	204-727-1162
Nearly New Shop.....	204-728-7137	Adult & Teen Challenge Superthrift .....	204-578-5540