

Emergency (Ambulance, Fire & Police) Call 911

CRISIS/SUICIDE

Westman Crisis Services (24/7): Mobile Crisis Unit	204-725-4411 or 1-888-379-7699
Crisis Stabilization Unit	204-727-2555
Manitoba Suicide Prevention & Support Line (24/7)	1-877-435-7170
9-8-8 Crisis/Suicide Line (24/7) Call or text	9-8-8
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 and supports for abused women)	1-877-977-0007
Manitoba Poison Centre (24/7)	1-844-764-7669
Hope for Wellness Helpline (24/7) (crisis counselling for Indigenous people)	1-855-242-3310
National Residential School Crisis Line (24/7) 1-866-925-4419 or Residential School Survivors Helpline	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

HELPLINES

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 Helpline.....	1-877-513-5333
Manitoba Addictions Helpline	1-855-662-6605	Seniors Abuse Support Line	1-888-896-7183
National Overdose Prevention Helpline.....	1-888-688-6677	Health Links (24/7 health information)	1-888-315-9257
Manitoba’s Family Doctor Finder Program	1-866-690-8260	MMF Mental Health Line	1-833-390-1041 ext.1

7TH 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 9:00 am - 5:00 pm 7 days a week

204-578-4800

HOME CARE – PMH

Contact Centralized Intake for requests or questions about the Home Care Program..... 1-855-474-3338

BRANDON MINOR INJURY & ILLNESS CLINIC

Call for hours or to book appointment..... 204-578-2590
Limited walk-ins available.
For medical emergencies call 911 or go to Emergency Department

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...204-724-4964		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 Helpline	1-800-463-1554
RAAM Clinic (Rapid Access to Addictions Medicine) ..	204-578-4800	Anxiety Disorders Assoc. of MB	204-725-8550

ADVOCACY & SOCIAL SUPPORTS

MB Advocate for Children & Youth.....	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.....	1-866-726-6438
Manitoba Victim Services.....	1-866-484-2846	Huddle Brandon (ages 12-29)	204-717-6565
Consumer Protection Office.....	1-800-782-0067		
Sexuality Education Resource Centre (SERC)	204-727-0417		
Turning Leaf Support Services (support for vulnerable people; help with mental health & homelessness).....	204-717-1236		

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 th Street Health Access Centre)	204-578-4800
Community Financial Counselling Services	1-888-573-2383
Credit Counselling Society	1-888-527-8999
Non-insured Health Benefits (for First Nations & Inuit)	1-800-665-8507
Service Canada (federal benefits)	1-800-622-6232
Canada Revenue Agency (CRA) Benefits Inquiry Line (includes Canada Child Benefit).....	1-800-387-1193
Jordan's Principle (supports for Indigenous children)	Brandon 204-728-7532 Call Centre (24/7) 1-855-572-4453
Employment & Income Assistance (EIA).....	Daytime Mon-Fri 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 Child Care Search.....	1-888-213-4754
La Leche League (breastfeeding support).....	204-272-0238
PMH Healthy Baby Program.....	204-578-2545
PMH Midwifery Services	204-571-5530
Elsbeth Reid Family Resource Centre	204-726-6280
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

LITERACY & EDUCATION

Samaritan House Ministries Training Centre.....	204-727-1268
Brandon Literacy Council Inc.	204-729-9964
Assiniboine College – Centre for Adult Learning	204-725-8735

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

CULTURAL SERVICES

Brandon Friendship Centre (services to all people with initial emphasis on Indigenous people)	204-727-1407
Manitoba Métis Federation Inc (meets the needs of Métis people).....	204-725-7520
Southern Chiefs' Organization Inc. (promotes & protects rights & culture of First Nations people)	1-866-876-9701
Life's Journey Inc. (housing, wellness, & cultural services for Indigenous people)	204-772-1591
Westman Immigrant Services (helps permanent residents & refugees with settlement services & programs)	204-727-6031

HOUSING

Non – EIA & EIA Rent Assist (Government of Manitoba program)	1-877-587-6224
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) supports for vulnerable 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