

# The Culture of Well-being

## GUIDE TO MENTAL HEALTH RESOURCES

For First Nations, Métis & Inuit people in Winnipeg.

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Winnipeg Regional  
Health Authority  
Caring for Health

Office régional de la  
santé de Winnipeg  
À l'écoute de notre santé

## GUIDE TO MENTAL HEALTH RESOURCES

For First Nations, Métis & Inuit people in Winnipeg.



## USING THIS GUIDE

The Winnipeg Regional Health Authority Aboriginal Health Programs in collaboration with the Regional Mental Health Program has put together this guide to assist First Nations, Métis, and Inuit peoples find mental health care information and services within Winnipeg. If someone is experiencing mental health problems or emotional health concerns, this guide will provide information on types of services available in Winnipeg and how to access the various services.



## MENTAL HEALTH IN ABORIGINAL CULTURE

Aboriginal peoples of Canada are defined according to the Canadian Constitution Act (1982) as "Indian (First Nations), Inuit and Métis people of Canada." The following are definitions specific to each Aboriginal group:

### First Nations

Descendants of the original inhabitants of North America. Although the term "First Nation" is now widely used, there is no legal definition for it. (Indian and Northern Affairs Canada, 2005).

### Métis

Métis means a person who self-identifies as Métis, is of historic Métis National Ancestry, is distinct from other Aboriginal Peoples and is accepted by the Métis Nation (Métis National Council, 2002)

### Inuit

The Aboriginal people of Arctic Canada who live primarily in Nunavut the Northwest Territories, Labrador, and Northern Quebec. Inuit means, "the people" in Inuktitut, the Inuit Language. (Indian and Northern Affairs Canada, 2005).

### THE PEOPLE

The Aboriginal community is an important part of Manitoba's heritage and future. Over 15% of Manitoba's total population and 10% of Winnipeg's total population consider themselves First Nation, Métis or Inuit peoples (Statistics Canada, 2008). Winnipeg currently has the largest urban Aboriginal population of the major cities in Canada.

Although there is great diversity among the 64 First Nation communities within Manitoba in their usage of language, ceremonies, religious beliefs, and community traditions, holistic wellness remains a priority among most groups in maintaining their cultural strength into the future.

### EFFECTS OF COLONIZATION AND RESIDENTIAL SCHOOLS

Many issues facing the Aboriginal community today stem from the long history of colonization. First Nation families were deeply hurt by the government policy of sending their children away to residential school, which began in 1874 and continued until the last school was closed in 1996.

The purpose of residential schooling was to assimilate Aboriginal community children into mainstream Canadian society by disconnecting them from family and communities; cutting all ties with languages, customs, and beliefs. The separation of children from their families and traditional culture had a devastating and long-lasting effect on the Aboriginal community. Many young adults that came back after being in residential schools had been traumatized by the separation and some by physical, mental and sexual abuse they had been exposed to in the schools.

Generations of people did not learn their family and community values including their culture, languages, parenting practices, and ways of living on the land. Many people felt stuck between two worlds, not belonging to either, which resulted in identity confusion, high rates of suicide, depression and substance abuse. Other health concerns, such as poor housing and less access to nutrition have also affected the health of the Aboriginal community.

Many children were victims of abuse in the residential school system. As a result, the Government of Canada has developed the Indian Residential Schools (IRS) Resolution Health Support Program to begin work towards healing for those involved. Other efforts are being made to improve the health and well-being of the Aboriginal community. First Nations, Métis and Inuit peoples are coming together to share concerns, gather resources, find ways to improve health and well-being, and return to wholeness. The journey of healing from the past will come from within the Aboriginal culture, reconnection as a community and from sacred traditions.

### INDIAN RESIDENTIAL SCHOOLS RESOLUTION HEALTH SUPPORT PROGRAM

The Indian Residential Schools Resolution Health Support Program provides emotional health and wellness support to former Indian Residential School students and their families, regardless of status and place of residence, who are eligible for the Common Experience Payment and /or resolving an IRS claim through the Alternative Dispute Resolution process, Independent Assessment process or litigation.

Eligible former students and their families may have access to:

- Professional Counselling
- Emotional Support provided by Resolution Health Support Workers
- Cultural Support provided by Elders
- Assistance with the cost of transportation

For more information on how to access these services contact: Manitoba Regional Office at **1-866-818-3505** located at 3rd Floor, 391 York Avenue, Winnipeg or visit: [www.healthcanada.gc.ca/irs](http://www.healthcanada.gc.ca/irs) or [www.irs-rqpi.gc.ca](http://www.irs-rqpi.gc.ca)

Approval from Health Canada must be obtained before treatment begins. A crisis line is available to provide immediate emotional assistance and can be reached 24 hours a day, 7 days a week: **1-866-925-4419**

## MENTAL HEALTH ACROSS CULTURES

Being mentally healthy means feeling a sense of control over one's life, feeling able to make decisions, coping with life's challenges and participating in life in meaningful ways because there is balance in the social, physical, spiritual, economic and mental aspects of life. When people of any cultural background are feeling mentally healthy, they can feel good about themselves most of the time. Traditionally, Aboriginal cultural view of mental health and well being is a balance of the body, mind, emotions and spirit which is maintained through good relationships within oneself, with others, within the community and Creation.

### MENTAL HEALTH PROBLEMS ARE COMMON

Mental health problems are common among people of all ages, cultures and backgrounds. There are a number of reasons why mental health may not be at its best. Living with problems such as poverty, discrimination, unemployment, violence or substance abuse can have a very negative effect on mental health. Life events such as the death of a loved one, being in an accident, losing housing or a job can also be a challenge and sometimes cause mental health problems.

### WHAT IS MENTAL ILLNESS?

All people have times of feeling down or sad, have trouble concentrating, talk out loud to themselves, or have a thought in mind and can't get rid of it. These things are normal.

When a person is mentally ill, these kinds of feelings, thoughts and behaviors are extreme and get in the way of the person's ability to go about their day.

Many cultures do not use the words mental illness to describe when a person has emotional problems. Instead they may describe how a person has changed in mood, thoughts or behaviors, or changed in how he or she relates to others.

### Examples of some possible changes or problems in behavior:

- Sleeping too much, or not able to sleep at all
- Not keeping clean and cared for
- Avoiding social contact and previously enjoyed activities
- Laughing or crying inappropriately
- Talking in ways that don't make sense
- Strange movements or behaviors (such as: talking out loud to no one; rigid or unusual body positions)
- Unable to control behavior (such as: can't stop walking back and forth; sudden violence; washing hands over and over)

### Examples of some possible changes or problems in feelings or mood:

- Extreme feelings of "feeling great" and excitement
- Angry, scared or suspicious for no logical reason
- Extreme sadness or hopelessness, sometimes leading to thoughts or talk of suicide
- Sudden emotional changes and mood swings
- Unable to feel or express happiness or interest in anything

### Examples of some severe changes or problems in thoughts and perceptions:

- Hearing, seeing, smelling things that aren't there
- Unrealistic or mistaken beliefs (such as: people are trying to kill you; a movie star is in love with you; you are God or a famous person)
- Having certain thoughts constantly and not being able to stop or change the thoughts
- Serious inability to concentrate or unable to connect thoughts together in a sensible way
- Constant and extreme worry or anxiety

If someone is experiencing these changes or problems, it is recommended that he or she have a physical assessment to rule out any underlying physical conditions that may have an effect on their mental well-being. A doctor or nurse with special training can determine what the problems are, by talking to the person and those close to them about any changes in thoughts, mood or behavior and any changes the person has experienced recently such as a job loss or the death of a loved one. It may take some time to make a diagnosis, but based on the information gathered a recommended treatment plan may include medication, counselling or therapy or self-care. Some people may choose to seek out other paths to healing such as through guidance from an Elder or spiritual caregiver. It is important to share traditional healing needs with health care providers.

### LEARN MORE

The Mental Health Education Resource Centre of Manitoba is a public lending library of resources including books, print materials and videotapes on a wide range of topics on mental health and illness including depression, anxiety, eating disorders, substance use disorders and suicide prevention.

Phone: 204-942-6568  
Toll Free: 1-855-942-6568  
[www.mherc.mb.ca](http://www.mherc.mb.ca)

For more information on mental health resources see the Mental Health Resource Guide for Winnipeg published by the Canadian Mental Health Association.  
Phone: 204-982-6127 or go to their website to download a copy at [www.cmhawpg.mb.ca](http://www.cmhawpg.mb.ca)

## PATHWAYS TO HEALING

There may be many different reasons why a person experiences disharmony or imbalance. Pain, hurt, rejection, disappointment and loneliness may cause a person to experience mental health problems. For some people, working through these painful feelings and experiences is viewed as part of a necessary spiritual journey. There are many ways of healing disharmony or imbalance within the Aboriginal culture. Some people use ceremonies, guidance from Elders, wholesome nutrition, meaningful activity, and connection with family and the land as part of their pathways to healing process.



Worldview of Mental Health:

Mental wellness is a lifelong journey to achieve wellness and balance of body, mind and spirit. Mental wellness includes self-esteem, personal dignity, cultural identity and connectedness in the presence of harmonious physical, emotional, mental and spiritual wellness. Mental wellness must be defined in terms of the values and beliefs of Aboriginal people. (First Nations and Inuit Health, Mental Wellness Framework, 2002).

### PROMOTE AND PROTECT MENTAL HEALTH

Being mentally healthy involves accepting who we are and realizing that we have strengths as well as limitations. Dealing with problems effectively when they arise, taking responsibility for actions and setting realistic goals also helps to build personal and community resilience. Resilience is the ability to bounce back from life's challenges in a positive way. It means that when faced with challenges, hope can be maintained, positive coping strategies can be used, and even confidence is gained to deal with future challenges.

By doing everyday things to care for body, mind and spirit, personal mental health and resilience can be promoted. Eating well, getting regular exercise and getting adequate rest and sleep will not only keep the body healthy but the mind healthy as well. There are many simple and inexpensive ways to stay physically active. Walking is one of the best ways to keep active every day. Keeping well also involves maintaining good relationships with family or friends and feeling connected with the community. Some simple ways of staying connected could include things like volunteering at the local

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library, school or community centre, joining in activities or classes, or for others it might mean getting involved with a spiritual community. These kinds of activities give us a sense of purpose and meaning to life and can provide support when things aren't going so well.

### ABORIGINAL HEALTH PROGRAMS

Aboriginal Health Programs—Health Services assist health care staff to provide quality care for Aboriginal clients by offering the following services. These services are available to patients in hospitals and their families.

#### Aboriginal Patient Advocacy:

Assisting Aboriginal clients and their families to resolve client concerns and ensure a holistic healing approach.

#### First Nations Language Interpretation:

Interpreter services are available in Ojibway, Cree and Oji-Cree language dialects.

#### Discharge Planning:

Working within the health care team to ensure a coordinated approach to discharge planning.

#### Spiritual and Cultural Care:

Providing support to clients and families to meet their spiritual needs within the hospital including the Traditional Wellness Clinic.

#### Resource Support

Connecting patients and families with relevant supports, resources and organizations.

All Aboriginal Health Programs – Health Services are free of charge and provided upon request. All information will remain private and confidential.

To access Aboriginal Health Programs – Health Services please contact Central Intake at **1-877-940-8880**.



Aboriginal Health Programs

### CULTURE, SPIRITUALITY & TRADITIONAL HEALING

Traditional healing may be used to address both physical and mental health issues. Many traditional healing practices are used today by Elders and Traditional Healers/helpers and include the use of natural herbs, sacred ceremonies, song and dance, the vision quest, prayer, the sweat lodge, and the healing circle. Healing practices may include traditional teachings to assist people in gaining wisdom from their experiences and regaining their sense of balance and belonging. Healing ceremonies are individualized for each person after the healer assesses the person's needs and decides what traditional approach to use. A ceremony may be conducted, instructions given to the person, and the person may be assisted in their healing journey. For some, their beliefs and practices form an integral part of their being and is a way of life.

#### Traditional Practices

##### Some traditional practices include:

**SMUDGING** – a sacred ritual done to spiritually cleanse and be open and ready for positive healing energy. The smudge consists of one of the four sacred plants: tobacco, sweet grass, cedar and sage or a mixture of the plants.

**SHARING/TALKING CIRCLES** – a ceremony used by some people to discuss issues or share feelings in a safe climate of trust and cooperation. Equality and respect are encouraged and reinforced through the sharing circle.

**SACRED ITEMS** – many items may be used by traditional Aboriginal communities for ceremonies and healing gatherings.

**TOBACCO OFFERING** – tobacco holds a special significance and serves as a means of opening communication with the spirit world. It symbolizes honesty and respect.

**SACRED TEACHINGS** – sacred teachings or values are taught to promote healthy living. There are a variety of teachings. Some include: wisdom, love, respect, bravery/courage, honesty, humility and truth. They are intended to help the community and environment live in harmony.

**SPIRIT NAMES** – names generally given in the language of the individual being named. The name describes an individual's character and often comes with some responsibility of serving the community. These names are special and much preparation is required prior to receiving them. Only some Elders have the gift of name giving.

**SWEAT LODGE CEREMONY** – this ceremony may vary in how it is conducted as well as in the teaching that explains its origin. It is generally conducted in sacred lodges, dome shaped structures often built from bent willow, for the purpose of prayer, cleansing and purifying body, mind and spirit.

#### Traditional Healers

##### Some traditional healers are:

**SPIRITUALIST** – focuses on the spiritual well-being of a person and acts on his or her behalf to recommend lifestyle changes to the individual or family and offerings to various kind spirits. This person often serves as a counsellor, mentor or teacher to individuals and families.

**HERBALISTS** – uses knowledge of traditional medicinal plants. Practice can be highly specialized in one area, such as remedies for specific ailments, or diverse for other types of illness.

**DIAGNOSIS SPECIALIST OR SEER** – communicates with spirits, the supernatural and the physical entities that assist in

the diagnosis. Diagnostics are often the seers or communicators through ceremony who identify ailments, remedies or ceremonies required to restore good spiritual, emotional and physical health and well-being.

**MEDICINE PEOPLE** – engage in ritual, ceremonial activity and prayer. Medicine people may possess sacred items and the rites to rituals, songs and medicines that have been inherited from parents, grandparents, or that they earned through apprenticeship with a respected medicine man or woman. Depending on their nation, they are also conductors of community ceremonies. These individuals often sacrifice their daily lives to ritual, prayer and healing.

**HEALER** – heals in a variety of ways, such as a gift of touch or energy work. A healer can be ritualistic, but also may have an ability to use a variety of therapies to heal people spirituality, emotionally or physically.

**MIDWIFE** – has specialized traditional knowledge in prenatal care, childbirth and aftercare. The midwife may employ the use of massage, diets, medicines and ritual, prayers and counselling.

**ELDER** – is considered exceptionally wise in the ways of culture and the teachings of the Great Spirit. The Elder is recognized for wisdom, stability, humour and the ability to know what is appropriate in a particular situation. The community looks to Elders for guidance and sound judgment because Elders are caring and are known to share the fruits of their labours and experiences with others in the community. (Aboriginal Healing Foundation)

### HELP WITH HEALING

It is important to get help early to move forward on a healing path. It is a good idea to visit a doctor to check overall health and rule out any other physical illness. Doctors need the details about mental and emotional changes being experienced so they can provide the best advice and treatment. Traditional healing needs should also be shared with health care providers. If possible, it is best to keep one family doctor so he or she gets to know one's complete health history.

To find a family doctor who is accepting new patients call Family Doctor Connections at 204-786-7111 or contact the College of Physicians and Surgeons of Manitoba at 204-774-4344 ([www.cpsm.mb.ca](http://www.cpsm.mb.ca)).

Specialists such as a psychiatrist, psychologist or other mental health professional may be referred to for treatment of mental health concerns. Mental health professionals are trained to assess, diagnose and treat a full range of emotional and psychological problems. Other professionals who may be helpful include: psychiatric nurses, social workers, community mental health workers or occupational therapists. Some mental health care providers specialize in specific problems or age groups.

Comfort levels for sharing mental and emotional concerns differ for everyone. Health care providers understand this and will talk about things at a pace that is comfortable for each person. It is always okay to ask a health care provider questions.

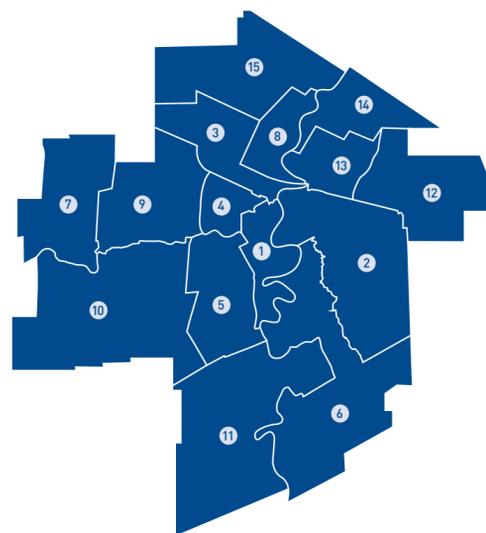
Health Links –  
Info Sante 204-788-8200  
or Toll Free  
1-888-315-9257.

Health Links-Info Sante  
is a 24 hour 7 days a week  
telephone health information  
service staffed by registered  
nurses with the knowledge  
to provide answers over  
the phone to health care  
questions and guide callers  
to services.



## DIRECTORY OF HELP

- 1 Fort Rouge
- 2 St. Boniface
- 3 Point Douglas
- 4 Daniel Macintyre
- 5 River Heights
- 6 St. Vital
- 7 St. Charles
- 8 Mynarski
- 9 St. James — Brooklands
- 10 Charleswood — Tuxedo
- 11 St. Norbert
- 12 Transcona
- 13 Elmwood — East Kildonan
- 14 North Kildonan
- 15 Old Kildonan



### ABORIGINAL ORGANIZATIONS & COMMUNITY SUPPORTS

Many community agencies and Aboriginal organizations in Winnipeg offer services and supports to adults, children and families. Generally, there are no costs for these services but there may be a wait for some services. This section has been divided into four main areas for easier reference:

Aboriginal & Community Supports  
Community Health Clinics  
Mental Health Services  
Self Help Organizations

#### Aboriginal & Community Supports

##### 3 Abinotci Min-Ayawin

Room 215-181 Higgins Avenue, Winnipeg, MB R3B 1H2  
Phone: 204-925-7504  
Fax: 204-925-3709  
[www.abcentre.org/health.html](http://www.abcentre.org/health.html)

Offers family and individuals support that encourages healthy living. Sharing circles, access to Elders, parenting programs, traditional healing, advocacy, child wellness assessment, and referrals to other community services are available.

##### 3 Aboriginal Health and Wellness Centre of Winnipeg, Inc. (AHWC)

215-181 Higgins Avenue, Winnipeg, MB R3B 3G1  
Phone: 204-925-3700  
[www.abcentre.org/health.html](http://www.abcentre.org/health.html)

A community and culturally based Centre offering services and resources using traditional and Western models (traditional healers and elders are available).

Programs include:

- Abinotci Mino-Ayawin (Children's Healing)
- Head Start Program
- Wellness Centre
- Wellness Centre Traditional Services & Programs
- Women's Healing Program
- Men's Healing Program
- Stop FAS
- Indian Residential School Program

##### 8 Andrews Street Family Centre

220 Andrews Street, Winnipeg, MB R2W 4T1  
Phone: 204-589-1721

Drop-in centre; serves youth ages 6 to 17 years.

##### 8 EAGLE Urban Transition Centre

200-275 Portage Avenue, Winnipeg, MB R3B 2H1  
Phone: 204-954-3050

A First Nation agency that assists and advocates for First Nation people who have relocated to Winnipeg.

##### 4 Eyaa-keen Centre Inc.

547 Notre Dame Avenue, Winnipeg, MB R3B 1S2  
Phone: 204-783-2976  
Fax: 204-284-7292  
Toll Free: 1-877-423-4648  
[www.eyaa-keen.org](http://www.eyaa-keen.org)

Eyaa-keen Centre services focus on providing an integrated physical, emotional, mental and spiritual treatment, healing and development at the person's pace. Provides Aboriginal traditional, intensive, multi-disciplinary treatment for adult Aboriginal individuals, couples and groups, by offering treatment for trauma and major loss, group work, therapeutic training and individual support, all with a view to personal and community healing, change and development.

##### Ikwe-Widdjiitiwin

P.O. Box 1056, Winnipeg, MB R3C 2X4  
Phone: 204-987-2780  
Fax: 204-987-2826  
Toll Free: 1-800-362-3344

Ikwe-Widdjiitiwin Inc. is a Crisis shelter that provides safe accommodation, supportive counselling and advocacy to abused Aboriginal women and their children, 24 hours a day.

##### 8 Indian Family Centre

470 Selkirk Avenue, Winnipeg, MB R2W 2M5  
Phone: 204-586-8393  
Fax: 204-582-3131

The Indian Family Centre is a drop-in resource center that provides social and emotional support. The Centre operates in a spiritual context that combines both the Aboriginal traditional ways with a Christian perspective.

##### 3 Ka Ni Kanichihk, Inc.

455 McDermot Avenue, Winnipeg, MB R3A 0B5  
Phone: 204-953-5820  
Fax: 204-953-5824  
[www.kanikanichihk.ca](http://www.kanikanichihk.ca)

Provides Aboriginal identified programs and services that focus on wholeness and wellness and that build on the strengths and resilience of Aboriginal Peoples.

##### 4 Kivalliq Inuit Services

310 Burnell Street, Winnipeg, MB R3G 2A8  
Phone: 204-989-1020  
Fax: 204-989-1025

Offers patient care coordination, appointment booking, discharge planning, travel arrangements and interpreter services to people registered with Nunavut Health.

##### 4 Ma Mawi Wi Chi Itata Centre, Inc.

445 King Street, Winnipeg, MB R2W 2C5  
Phone: 204-925-0348  
Fax: 204-946-5042  
Toll Free: 1-888-962-6294  
[www.mamawi.com](http://www.mamawi.com)

Provides a variety of supports and programs including:

- Weekly Sweat Lodge ceremonies
- Women's Journey to Healing
- Emergency Services (referrals, counselling)
- Home Based Crisis Intervention Services

##### 8 Native Women's Transition Centre

105 Aikins Street, Winnipeg, MB R2W 4E6  
Phone: 204-989-8240  
Fax: 204-586-1101  
[www.nativewomens.mb.ca](http://www.nativewomens.mb.ca)

A shelter/home for Aboriginal women and their children. Offers support and healing services.

##### 8 North End Women's Centre, Inc.

394 Selkirk Avenue, Winnipeg, MB R2W 2M2  
Phone: 204-589-7347  
Fax: 204-586-9476  
[www.newcentre.org](http://www.newcentre.org)

Provides a Parenting Program, Anger Management Program, Grief Program (to assist women who have suffered a loss) and Soul Survival Program (to assist those who have suffered abusive relationships).

##### 1 Rainbow Resource Centre

170 Scott Street, Winnipeg, MB R3L 0L3  
Phone: 204-474-0212 ext. 201  
Info-Line: 204-284-5208  
Fax: 204-478-1160  
Email: [info@rainbowresourcecentre.org](mailto:info@rainbowresourcecentre.org)  
[www.rainbowresourcecentre.org](http://www.rainbowresourcecentre.org)



The Rainbow Resource Centre is a community service organization for Manitoba's gay, lesbian, bisexual, transgendered and two-spirited communities. Provides peer counselling, referral, information and educational services.

##### 3 Rossbrook House

658 Ross Avenue (at Sherbrook), Winnipeg, MB R3A 0M1  
Phone: 204-949-4090  
Fax: 204-949-4095  
[www.rossbrookhouse.ca](http://www.rossbrookhouse.ca)

Drop-in centre for children and youth.

##### 8 Wahbung Abinoonjiiag

225 Dufferin Avenue, Winnipeg, MB R2W 5N7  
Phone: 204-925-4610  
Fax: 204-582-9508  
[www.manitobacapc.org/wahbung\\_english.htm](http://www.manitobacapc.org/wahbung_english.htm)

Provides services to children and their families who have been exposed to family violence.

#### Community Health Clinics

The Winnipeg Regional Health Authority Community Health Clinics offer a range of health services including mental health services. Some clinics service their community area only and may have a wait list. Call for details.

##### 14 Access River East

975 Henderson Highway, Winnipeg, MB R2K 4L7  
Phone: 204-938-5000

##### 8 Aikins Street – Community Health Centre

601 Aikins Street, Winnipeg, MB R2W 4J5  
Phone: 204-940-2025

##### 3 Health Action Centre

425 Elgin Avenue, Winnipeg, MB R3A 1P2  
Phone: 204-940-1626

##### 3 Hope Centre Health Care Inc.

240 Powers Street, Winnipeg, MB R2W 5L1  
Phone: 204-589-8354  
Fax: 204-586-4260

##### 4 Klinik Community Health Centre

870 Portage Avenue, Winnipeg, MB R3G 0P1  
Phone: 204-784-4090

##### 8 Mount Carmel Clinic

886 Main Street, Winnipeg, MB R2W 5L4  
Phone: 204-582-2311

##### 1 Nine Circles Community Health Service

705 Broadway Avenue, Winnipeg, MB R3G 0X2  
Phone: 204-940-6000  
STI Line: 204-945-2437  
Fax: 204-940-6003

##### 5 Primary Care Community Health Centre

102-1001 Corydon Avenue, Winnipeg, MB R3M 0B6  
Phone: 204-940-2000

##### 1 Women's Health Clinic

Unit A, 419 Graham Avenue, Winnipeg, MB R3C 0M3  
Phone: 204-947-1517  
Fax: 204-943-3844

##### 2 Youville Centre

33 Marion Street, Winnipeg, MB R2H 0S8  
Phone: 204-233-0262  
Fax: 204-233-1520

#### Mental Health Services

##### Mental Health Services for Older Adults

Phone: 204-982-0140  
Fax: 204-982-0144

The Geriatric Mental Health Team provides assessment and short term intervention to people over the age of 65 and who are experiencing mental health problems. Health care professionals, family members or the person themselves may call the Central Intake Line.

##### Mental Health Services for Youth

Phone: 204-958-9660  
Fax: 204-958-9626

Centralized Intake for Child and Adolescent Mental Health Program is a service for parents, families, or caregivers seeking support and consultation for children or adolescents (age 3 to 18) experiencing emotional or behavioral concerns as well as symptoms of mental illness. The Intake Worker will help the caller to determine which service will best meet the needs of the situation.

##### Adult Community Mental Health Services

Phone: 204-940-2655

The Community Mental Health Program includes a range of services designed to help adults experiencing mental health problems.

The range of community mental health services include:

- Case Management
- Rehabilitation Services
- Specialized Treatment Services
- Supported Housing Services

To access any of the above, call Central Intake. Central Intake Staff will take the information and forward it on

to the Mental Health Access Coordinator who will assess the need for mental health services and connect as appropriate.

##### Hospital Mental Health Services

Hospitals offer inpatient and outpatient mental health (psychiatric) services. Outpatient services may be individual appointments with a doctor or may involve attendance in group therapy.

If necessary, a psychiatrist may admit a client to the inpatient unit for more serious conditions and to monitor the person's progress with treatment more closely. Inpatients receive care from nurses, social workers, occupational therapists, and psychiatrists. Upon discharge from hospital, follow up services may also be provided.

Services available at:

- Grace Hospital
- Health Sciences Centre
- Seven Oaks General Hospital
- St. Boniface General Hospital
- Victoria General Hospital

#### ABORIGINAL TRADITIONAL WELLNESS CLINIC

The Aboriginal Traditional Wellness Clinic at the Health Sciences Centre provides people an opportunity to seek healing using a traditional healing approach. The clinic is open 2 days per month.

Registration: 204-940-8880



Self-Help Organizations

A variety of self-help groups, based on people helping each other exist in the Winnipeg community. Services offered may include advocacy, supportive counselling, support groups, workshops, social opportunities, and public education.

1 Anxiety Disorders Association of Manitoba

100-4 Fort Street, Winnipeg, MB R3C 1C4  
Phone: 204-925-0600  
Fax: 204-925-0609  
Toll Free: 1-800-805-8885  
www.adam.mb.ca

1 Eating Disorders Self-Help Program

100-4 Fort Street, Winnipeg, MB R3C 1C4  
Phone: 204-953-2358  
1-800-322-3019  
www.manitoba.cmha.ca

4 Independent Living Resource Centre

311A-393 Portage Avenue, (Portage Place) Winnipeg, MB R3B 3H6  
Phone: 204-947-0194  
Fax: 204-943-6625  
www.ilrc.mb.ca

1 Manitoba Schizophrenia Society

100-4 Fort Street, Winnipeg, MB R3C 1C4  
Phone: 204-786-1616  
Fax: 204-783-4898  
Toll Free: 1-800-263-5545  
www.mss.mb.ca

1 Mood Disorders Association of Manitoba

100-4 Fort Street, Winnipeg, MB R3C 1C4  
Phone: 204-786-0987  
Fax: 204-775-3497  
Toll Free: 1-800-263-1460  
www.depression.mb.ca

1 Obsessive Compulsive Disorder Centre Manitoba, Inc.

100-4 Fort Street, Winnipeg, MB R3C 1C4  
Phone: 204-942-3331  
Fax: 204-772-6706  
www.ocdmanitoba.ca



2 Seneca House Inc

283 Provencher Street, Winnipeg, MB R2H 0G6  
Phone: 204-231-0217 (24 hours)  
Help Line: 204-942-9276  
Fax: 204-231-0231  
(Telephone peer support service available 7:00PM to 11:00PM 7 days a week)  
www.senecahouse.ca

Provides a place where adults with mental health problems can go if they are experiencing emotional difficulties. Provides a caring and supportive environment where people can learn to cope with their distress with the help of others who have experienced similar issues.

1 SPEAK (Suicide Prevention Education Awareness Knowledge)

100-4 Fort Street, Winnipeg, MB R3C 1C4  
Phone: 204-831-3610  
Fax: 204-944-8337  
www.speak-out.ca

ADDICTION SERVICES

Alcohol, drugs and substances have negatively impacted the health and well being of many people including some Aboriginal people. An addiction can have devastating physical and emotional consequences not only for the person with the addiction, but also for families, friends and communities. There are a number of programs and services working to help people overcome addiction and find a new path in life.

Manitoba Health provides funding to addiction agencies and regional health authorities to provide a variety of addictions treatment services for youth and adults across Manitoba. For more information about addictions services and support, contact one of these agencies:

4 Addictions Foundation of Manitoba

1041 Portage Avenue, Winnipeg, MB R3G 0R8  
Phone: 204-944-6200  
Fax: 204-775-5261  
Toll Free: 1-866-638-2561  
www.afm.mb.ca

1 Addictions Foundation of Manitoba Youth Community Based Services

200 Osborne Street, Winnipeg, MB R3C 1V4  
Phone: 204-944-6235  
Fax: 204-772-8077  
Email: youth@afm.mb.ca  
www.afm.mb.ca

8 Addictions Recovery Inc.

93 Cathedral Avenue, Winnipeg, MB R2W 0W7  
Phone: 204-586-2550  
www.addictionsrecovery.ca

11 Behavioral Health Foundation Inc.

35 De La Digue Avenue, Winnipeg, MB R3V 1L6  
Phone: 204-586-2550  
Fax: 204-275-2099

1 Esther House

Box 68022 RPO Osborne Village, Winnipeg, MB R3L 2V9  
Phone: 204-582-4043  
Fax: 204-586-9485  
www.estherhousewinnipeg.ca

4 Health Sciences Centre Addictions Unit

820 Sherbrook Street, (Health Sciences Centre) Winnipeg, MB R3A 1R9  
Phone: 204-787-3843 *opiate*  
204-787-3855 *outpatient*  
204-787-3918 *alcohol*

3 Main Street Project

75 Martha Street, Winnipeg, MB R3B 1A4  
Phone: 204-982-8245  
Fax: 204-943-9474  
www.mainstreetproject.ca

3 Salvation Army – Anchorage Program

180 Henry Street, Winnipeg, MB R3B 0J8  
Phone: 204-946-9401  
www.salvationarmy.ca

1 Tamarack Rehab Inc.

60 Balmoral Street, Winnipeg, MB R3C 1X4  
Phone: 204-772-9836  
Fax: 204-772-9908  
www.tamarackrehab.org

1 The Laurel Centre

104 Roslyn Road, Winnipeg, MB R3L 0G6  
Phone: 204-783-5460  
Fax: 204-774-2912  
www.thelaurelcentre.com

8 The Native Addictions Council of Manitoba

160 Salter Street, Winnipeg, MB R2W 4K1  
Phone: 204-586-8395  
Fax: 204-589-3921  
www.mts.net/~nacm

2 Youth Addictions – Centralized Intake

165 St. Mary's Road, Winnipeg, MB R2H 1J1  
Phone: 204-958-9692  
Toll Free: 1-877-710-3999  
Fax: 204-958-9656  
www.matc.ca

A complete directory of adult and youth addiction agencies and services can be viewed at: [www.manitoba.ca/health/mh/directory](http://www.manitoba.ca/health/mh/directory)

Addiction Self-Help Groups

4 Al-Anon/Alateen Central Services Manitoba

107-2621 Portage Avenue, Winnipeg, MB R3J 0P7  
Phone: 204-943-6051  
www.mb.al-anon.alateen.org

4 Alcoholics Anonymous Manitoba

208-323 Portage Avenue, Winnipeg, MB R3B 2C1  
Phone: 204-942-0126  
www.aamanitoba.org

Cocaine Anonymous

Phone: 204-936-0000  
Help Line: 204-250-2626  
www.camanitoba.org

14 Families Anonymous

259 Lake Ridge Road, Winnipeg, MB R2K 1K3  
Phone: 204-237-0336

8 Gamblers Anonymous

215-1450 Mountain Avenue, Winnipeg, MB R2X 3C4  
Phone: 204-582-4823

3 Narcotics Anonymous

1650 Main Street, Winnipeg, MB R2V 1Y9  
Phone: 204-981-1730

COUNSELLING SERVICES

The path to wellness may include medical treatment, professional counselling, or therapy. Counselling can address one or more of the following issues:

- Effective coping
- Strategies for daily living
- Relationships and family communication

- Changing negative thought patterns
- Dealing with losses and grief
- Dealing with the loss of a loved one to suicide
- Residential school trauma
- Historical trauma
- Intergenerational trauma
- Childhood issues of abuse, neglect and trauma
- Crisis planning
- Managing emotions in a healthy way
- Problem-solving
- Building self-awareness and self-esteem
- Developing new skills

Finding a Counsellor

There are a variety of ways to access counselling services:

Ask a doctor for a referral to a qualified counsellor (a referral may be required by the counsellor or by individual health insurance plans to receive coverage).

See the Yellow Pages under Counsellors or contact these professional organizations:

10 Psychological Association of Manitoba

162-2025 Corydon Avenue, Winnipeg, MB R3P 0N5  
Phone: 204-487-0784  
Fax: 204-489-8688  
www.cpmab.ca

4 Manitoba Institute of Registered Social Workers

101-2033 Portage Avenue, Winnipeg, MB R3J 0K8  
Phone: 204-888-9477  
Fax: 204-831-6359  
www.mirsw.mb.ca

4 College of Registered Psychiatric Nurses of Manitoba

1854 Portage Avenue, Winnipeg, MB R3S 0G9  
Phone: 204-888-4841  
Fax: 204-888-8638  
www.crpnm.mb.ca

Counselling services are also provided by the community agencies listed next. You will not need a referral from a doctor. There may be a fee or no cost for the counselling or there may be a wait list. It is best to call the agency and ask for information about their counselling service.

Here are some possible questions to ask the counselling service before a first appointment.

Do the counsellors have any experience or knowledge in counselling Aboriginal people?

What is the education, training, licensure and years in practice of the counsellors? (Double check credentials by contacting the provincial licensing body.)

What are the hours, fees, length of sessions and which insurance providers do the counsellors work with?

What is the treatment approach and philosophy?

Do the counsellors specialize in certain disorders or age groups?

2 Aulneau Renewal Centre

228 Hamel Avenue, Winnipeg, MB R2H 2B3  
Phone: 204-987-7090  
Fax: 204-987-8880  
www.allneau.com

4 Aurora Family Therapy Centre

515 Portage Avenue, (University of Winnipeg) Winnipeg, MB R3B 2E9  
Phone: 204-786-9251  
aurora.uwinnipeg.ca

2 Centre de Santé

D-1048-409 Tache Avenue (St. Boniface General Hospital) Winnipeg, MB R2H 2A6  
Phone: 204-235-3910  
Fax: 204-237-9057  
www.centredesante.mb.ca

2 Centre

Renaissance Centre  
844 Autumnwood Drive, Winnipeg, MB R2J 1C1  
Phone: 204-256-6750  
Fax: 204-256-5504  
www.renaissancecentre.ca

2 Centre Youville Centre

33 Marion Street, Winnipeg, MB R2H 0S8  
Phone: 204-233-0262  
Fax: 204-233-1520  
www.youville.ca

4 Cornerstone Counselling Services

302-1200 Portage Avenue, Winnipeg, MB R3G 0T5  
Phone: 204-663-0050  
Fax: 204-663-7754  
www.cornerstonecounselling.ca

3 The Parenting Centre

321 McDermot Avenue, Winnipeg, MB R3A 0X5  
Phone: 204-956-6560  
Fax: 204-943-4073  
www.newdirections.mb.ca

3 The Men's Resource Centre

200-321 McDermot Avenue, Winnipeg, MB R3A 0A3  
Phone: 204-415-6797  
Fax: 204-415-7516  
www.mens-resource-centre.ca

4 Evolve (Klinik) Domestic Abuse Program

870 Portage Avenue, Winnipeg, MB R3G 0P1  
Phone: 204-784-4208  
24HR Line: 204-786-8686  
www.klinik.mb.ca/counsel-domestic

4 The Family Centre of Winnipeg

401-393 Portage Avenue, (Portage Place) Winnipeg, MB R3B 3H6  
Phone: 204-947-1401  
Fax: 204-947-2128  
www.familycentre.mb.ca

5 Fort Garry Women's Resource Centre

1150-A Waverley Street, Winnipeg, MB R3T 0P4  
Phone: 204-477-1123  
Fax: 204-475-9127  
www.fgwrc.ca

8 Hope Centre Health Care

240 Powers Street, Winnipeg, MB R2W 5L1  
Phone: 204-589-8354  
Fax: 204-586-4260

10 Jewish Child & Family Service

C200-123 Doncaster Street, Winnipeg, MB R3N 1X7  
Phone: 204-477-7430  
Fax: 204-477-7450  
www.jcfs.winnipeg.org

4 Klinik Community Health Centre

870 Portage Avenue, Winnipeg, MB R3G 0P1  
Phone: 204-784-4090  
Fax: 204-772-7998

Counselling Intake: 204-784-4059

Drop-in counselling service: 204-784-4067

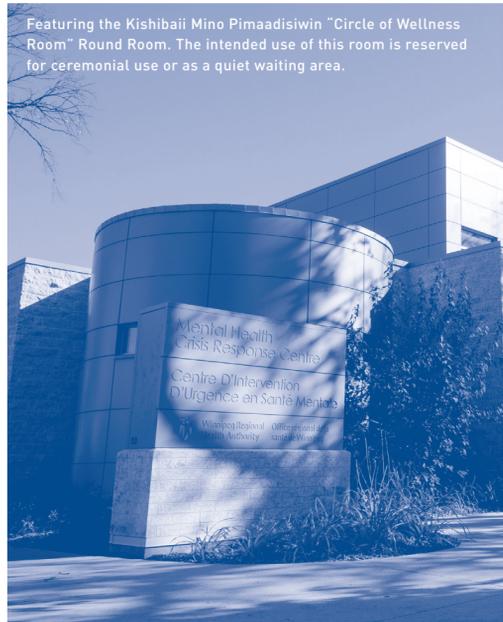
Crisis Line: 204-786-8686 (24-Hour)

After Suicide Grief Group: 204-784-4200

www.klinik.mb.ca

8 Ma Mawi Wi Chi Itata Centre

445 King Street, Winnipeg, MB R2W 2C5  
Phone: 204-925-0300  
Fax: 204-946-5042  
www.mamawi.com



Featuring the Kishibaii Mino Pimaadisiwin "Circle of Wellness Room" Round Room. The intended use of this room is reserved for ceremonial use or as a quiet waiting area.

**MENTAL HEALTH CRISIS RESPONSE CENTRE**

The Mental Health Crisis Response Centre in Winnipeg is creating a central point of access for adults experiencing a mental health crisis, accessible 24 hours a day, 7 days a week within an atmosphere that promotes healing and recovery. This Centre of Excellence in crisis resolution ensures expert short term clinical treatment and support services are available through walk-in services, mobile services and scheduled appointment services, combined with planned linkage and referral to appropriate services and supports.

**The Crisis Response Centre is designed for adults who are experiencing:**

- Personal distress and who are at risk of harm associate with the immediate crisis including suicide
- Symptoms of a mental health condition which requires assessment and treatment
- Circumstances which require de-escalation to prevent relapse
- Mental health problems that if dealt with, may prevent hospitalization
- Emotional trauma, where assessment, crisis intervention and links to longer-term services that can be made
- Difficulty obtaining on-going services after a crisis
- Difficulty obtaining help after hours when mental health service providers are unavailable

817 Bannatyne Avenue (at Tecumseh Street)  
Winnipeg, MB  
Phone: 204-940-1781  
24 hours, 7 days a week  
www.wrha.mb.ca/crc

**4 Mount Carmel Clinic**  
886 Main Street,  
Winnipeg, MB R2W 5L4  
Phone: 204-582-2311  
Fax: 204-582-6006  
www.mountcarmel.ca

**4 New Directions for Children, Youth, Adults and Families**  
400-491 Portage Avenue,  
Winnipeg, MB R3B 2E4  
Phone: 204-786-7051  
Fax: 204-774-6468  
www.newdirections.mb.ca

**8 North End Women's Centre**  
394 Selkirk Avenue,  
Winnipeg, MB R2W 2M2  
Phone: 204-589-7347  
Fax: 204-586-9476  
www.newcentre.org

**4 Nor' West Co-op Community Health Centre**  
785 Keewatin Street,  
Winnipeg, MB R2X 3B9  
Phone: 204-938-5900  
Fax: 204-938-5994  
www.norwestcoop.ca

**5 Psychological Service Centre University of Manitoba**  
161 Dafoe Building,  
Winnipeg, MB R3T 2N2  
Phone: 204-474-9222  
Fax: 204-474-6297  
www.umanitoba.ca/faculties/arts/departments/psych\_services/

**5 Recovery of Hope**  
102-900 Harrow Street,  
Winnipeg, MB R3M 3Y7  
Phone: 204-477-4673  
Fax: 204-453-7748

**1 The Laurel Centre**  
104 Roslyn Road,  
Winnipeg, MB R3L 0G8  
Phone: 204-783-5460  
Fax: 204-774-2912  
www.thelaurelcentre.com

**4 Women's Health Clinic**  
Unit A-419 Graham Avenue,  
Winnipeg, MB R3C 0M3  
Phone: 204-947-1517  
Fax: 204-943-3844  
www.womenshealthclinic.org

**CRISIS SERVICES**

A person in crisis will feel overwhelmed, afraid or anxious, and won't know what to do about it. A person in crisis can feel out of control. Often an event such as a relationship break-up, job loss, injury, accident, family violence, bad news or the death of someone important has happened. Sometimes a crisis is caused by many other stresses that have been going on for a long time and the person can no longer deal with them. It is important to reach out for help right away.

There are health care providers in the community who are specially trained to help people who are in a crisis. They will listen. They will also help the person sort out choices, help with safety concerns and find other helpful services in the community.

**Manitoba Suicide Line**  
Phone: 1-877-435-7170  
(24 hours)  
A crisis line for people who are thinking about suicide or dealing with a suicide loss.

**Crisis Services for Children, Teens or Young Adults**

**2 Youth Emergency Crisis Stabilization System**  
226 St. Mary's Road,  
Winnipeg, MB R2H 1J3  
Phone: 204-949-4777  
(24 hours)  
Fax: 204-949-4776

**Ndinawemaaganag Endaawaad Inc. "My Relatives Home"**  
472 Selkirk Avenue,  
Winnipeg, MB R2W 2M7  
Phone: 204-586-2588  
Fax: 204-589-4086  
www.ndinawe.ca

Safe House for children ages 11-17 years.

**4 Resource Assistance for Youth (RaY)**  
125 Sherbrook Street,  
Winnipeg, MB R3C 2B5  
Phone: 204-783-5617  
Fax: 204-775-4988  
Toll Free: 1-800-668-4663  
(24 hours)  
www.rayinc.ca

Offers emergency shelter, housing information, addictions support, advocacy, drop-in and referral services for 12 to 29-year-olds.

**Kids Help Phone**

Toll Free: 1-800-668-6868  
(24 hours)  
www.kidshelpphone.ca

Provides immediate, anonymous, and confidential support to kids. The line is staffed by trained professional counsellors 24 hours a day and 365 days a year.

**Crisis Services for Adults**

**Mobile Crisis Services**

The Winnipeg Regional Health Authority Mobile Crisis Service is a multi-disciplinary team specializing in crisis intervention, mental health assessment; and short term follow-up for adults experiencing a mental health crisis. Offers 24-hour consultation and home visits. Individual, family members and service providers can call for assistance.

Phone: 204-940-1781  
(24 hours)

**4 Crisis Stabilization Unit**  
Winnipeg Regional Health Authority Crisis Stabilization Unit provides short-term intervention for adults experiencing mental health and/or psychosocial crisis.  
755 Portage Avenue,  
Winnipeg, MB  
Phone: 204-940-3633

**Klinic Community Health Centre**

Crisis Line: 204-786-8686  
(24 hours)  
www.klinic.mb.ca

The crisis line is open to anyone who wishes to talk about a problem they are having.

**4 Main Street Project**  
75 Martha Street,  
Winnipeg, MB R3B 1A4  
Phone: 204-982-8245  
Fax: 204-943-9474  
www.mainstreetproject.ca

Provides 24 hour crisis services, including shelter, detox, housing & counselling.

**Osborne House Crisis Shelter**

Phone: 204-942-7373  
Crisis Line: 204-942-3052

Provides shelter for women, with or without children, in crisis.  
www.osbornehouse.org

**Sexual Assault Crisis Line**

Phone: 204-786-8631  
Toll Free: 1-888-292-7565  
(24 hours)

A crisis intervention line for victims of sexual assault.

**Non-Insured Health Benefits Crisis Intervention and Mental Health Counselling Benefits**

204-984-7899 or 204-984-7660  
Registered Indians may be eligible for short-term crisis intervention mental health counselling. The NIHB may cover the costs of this counselling by a recognized professional mental health therapist when no other services are available. Call the Manitoba Region office for details. A referral from a medical doctor for crisis counselling is required.

**HOSPITAL EMERGENCY SERVICES**

Call 911 if someone is in immediate danger of harming themselves or others, or has already done so.

**Local Hospital Emergency Departments**

**13 Concordia Hospital**  
1095 Concordia Avenue,  
Winnipeg, MB  
Phone: 204-661-7194  
(Emergency)  
www.concordiahospital.mb.ca

**9 Grace Hospital**  
300 Booth Drive,  
Winnipeg, MB  
Phone: 204-837-0157  
(Emergency)  
www.gracehospital.ca

**4 Health Sciences Centre Adult Emergency**

820 Sherbrook Street,  
Winnipeg, MB  
Phone: 204-787-3167  
www.hsc.mb.ca

**4 Children's Emergency**

840 Sherbrook Street,  
Winnipeg, MB  
Phone: 204-787-2306  
www.hsc.mb.ca

**3 Misericordia Health Centre – Urgent Care**

99 Cornish Avenue,  
Winnipeg, MB  
Phone: 204-774-6581  
www.misericordia.mb.ca

Treats non-emergency illnesses and injuries.

**8 Seven Oaks General Hospital**

2300 McPhillips Street,  
Winnipeg, MB  
Phone: 204-632-3232  
(Emergency)  
www.sogh.mb.ca

**2 St. Boniface Hospital**

409 Tache Avenue,  
Winnipeg, MB  
Phone: 204-237-2260  
(Emergency)  
www.sbg.h.mb.ca

**5 Victoria General Hospital**

2340 Pembina Highway,  
Winnipeg, MB  
Phone: 204-477-3148  
(Emergency)  
www.vgh.mb.ca  
Several hospitals have psychiatric nurses on duty in the emergency departments for part of the day or evening. Call about schedules.

**PERSONAL RIGHTS**

Many resources and agencies may help people be more aware of personal rights and be able to help lodge a complaint or sort out a problem regarding personal rights.

**Canadian Mental Health Association Winnipeg Region**

Rights Consultant  
Phone: 204-982-6135  
www.cmhawpg.mb.ca

**4 Children's Advocate**

100-346 Portage Avenue,  
Winnipeg, MB R3C 0C3  
Phone: 204-988-7440  
Fax: 204-988-7472  
Toll Free: 1-800-263-7146  
www.childrensadvocate.mb.ca

The Office of the Children's Advocate is an independent office of the Manitoba Legislative Assembly. They represent the rights, interests and viewpoints of children and youth who are receiving, or should be receiving, services as prescribed under The Child and Family Services Act and The Adoption Act. The role of the Children's Advocate is to support children and young people who are involved, or should be involved, in the child and family services system.

**4 First Nations DisABILITY Association**

501-294 Portage Avenue,  
Winnipeg, MB R3C 0B9  
Phone: 204-953-0310  
Toll Free: 1-866-370-9875  
The First Nations DisABILITY Association of Manitoba develops and implements culturally appropriate, employment, education, peer support, advocacy and referral services for First Nations People (status/treaty) with disabilities, living in Winnipeg.

**4 Independent Living Resource Centre**

311A-393 Portage Avenue,  
Winnipeg, MB R3B 3H6  
Phone: 204-947-0194  
Fax: 204-943-6625  
www.irlc.mb.ca  
Provides advocacy, information and resources to all people with disabilities.

**4 Manitoba Human Rights Commission**

700-175 Hargrave Street,  
Winnipeg, MB R3C 3R8  
Phone: 204-945-3007  
Fax: 204-945-1292  
www.manitobahumanrights.ca  
Receives, investigations and attempts to resolve complaints of unlawful discrimination.

**Mental Health Review Board**

Phone: 204-788-6709

Under the Mental Health Act clients have the right to appeal certain aspects of their admission or treatment in a psychiatric facility.

**Mental Illness Treatment and the Law**

www.gov.mb.ca/health/mh/act.html

The Mental Health Act is a provincial law that provides the legal framework by which individuals may be assessed and treated in a general hospital psychiatric unit, a psychiatric hospital or a mental health clinic. The Act aims to strike a balance between two sets of principles:

- The rights given to all citizens under The Canadian Charter of Rights and Freedoms.
- Society's obligation to provide care and treatment to those individuals who, at times, may not appreciate their need for treatment due to their mental illness.

**4 Ombudsman**

750-500 Portage Avenue,  
(Colony Square)  
Winnipeg, MB R3C 3X1  
Phone: 204-982-9130  
Fax: 204-942-7803  
www.ombudsman.mb.ca

Receives inquiries and complaints under the Ombudsman Act from people who believe they have been treated unfairly by departments and agencies of the provincial government or by a municipal government.

**4 Personal Health Information Act**

300 Carlton Street,  
Winnipeg, MB R3B 3M9  
Phone: 204-788-6612  
Fax: 204-945-1020

The Act sets out rules that all health information "trustees" must follow. Trustees are persons or organizations that keep records of your health information.

# GUIDE TO MENTAL HEALTH RESOURCES

For First Nations, Métis & Inuit people in Winnipeg.

## SPIRITUAL SUPPORT

Various organizations provide spiritual support services in the Winnipeg area. The following are some of the spiritual support resources:

### 4 Anishinabe Fellowship

415 Logan Avenue,  
Winnipeg, MB R3A 0A4  
Phone: 204-942-8682  
Fax: 204-957-5001  
[www.wicm.ca/fellowship](http://www.wicm.ca/fellowship)

### 3 Circle of Life Thunderbird House

715 Main Street,  
Winnipeg, MB R3B 3N7  
Phone: 204-940-4240  
Fax: 204-940-4243  
[www.thunderbirdhouse.com](http://www.thunderbirdhouse.com)

### 3 First Nation Worship Center

265 Flora Avenue,  
Winnipeg, MB R2W 2R2  
Phone: 204-589-8738 or  
204-632-9126

### 3 Flora House (Presbyterian Inner City and Native Ministries)

739 Flora Avenue,  
Winnipeg, MB R2W 2S8  
Phone: 586-5494  
[www.wicm.ca/florahouse](http://www.wicm.ca/florahouse)

### 8 Indian Family Centre, Inc.

470 Selkirk Avenue,  
Winnipeg, MB R2W 2M5  
Phone: 204-586-8393 or  
204-586-8394  
Fax: 204-582-3131  
[www.indianfamilycentre.com](http://www.indianfamilycentre.com)

### 3 Kateri Tekakwitha Parish (Catholic Church)

794 Ellice Avenue &  
548 Home Street  
Winnipeg, MB  
Phone: 204-783-7215  
Fax: 204-783-4851

### 8 North End Community Ministry (Stella Mission)

470 Stella Avenue,  
Winnipeg, MB R2W 2V1  
Phone: 204-586-8137  
Fax: 204-586-8130

### 4 Rupert's Land Wechetowin Inc.

135 Anderson Avenue,  
(Upstairs of Church Cathedral)  
Winnipeg, MB R2W 5M9  
Phone: 204-582-0130  
Fax: 204-580-0932  
Emergency: 204-803-4715

### 4 St. Matthews Community Ministry

641 St. Matthews Avenue,  
Winnipeg, MB R3G 0G6  
Phone: 204-774-3957  
[www.stmatthewsmaryland.ca](http://www.stmatthewsmaryland.ca)

### 3 Union Gospel Mission

320 Princess Street,  
Winnipeg, MB R3B 3C7  
Phone: 204-943-9904  
[www.gospelmission.ca](http://www.gospelmission.ca)

## TRADITIONAL HEALING

### Aboriginal Traditional Wellness Clinic

The Health Sciences Centre runs an Aboriginal Traditional Wellness Clinic for patients of the hospital. The clinic runs two days per month and service is provided on a first come, first served basis (patients who urgently need the clinic's services may be given priority). Services include:

- Prayer
- Psychosocial and spiritual counselling
- Life-style counselling
- Liaison and access to community healing supports prior to discharge
- Individual and family ceremonies for healing and rites of passage
- Spiritual cleansing
- Traditional assessment
- Herbal remedy and treatment recommendations

To Register, Phone:  
204-940-8880

### 3 Circle of Life Thunderbird House

715 Main Street,  
Winnipeg, MB R3B 3N7  
Phone: 204-940-4240  
Resident Elder: 204-940-4248  
[www.thunderbirdhouse.com](http://www.thunderbirdhouse.com)

Thunderbird House offers a range of activities and programs including ceremonies, teachings, workshops, seminars, weddings, and other community activities. It's a spiritual and community gathering place that highlights Aboriginal cultural values, traditions and history. Some evening cultural programs and activities take place.

## WEBSITES

### Aboriginal information

Aboriginal Affairs and Northern Development  
[www.aadnc-aandc.gc.ca](http://www.aadnc-aandc.gc.ca)

Aboriginal Healing Foundation  
[www.ahf.ca](http://www.ahf.ca)

Manitoba Aboriginal and Northern Affairs  
[www.gov.mb.ca/ana](http://www.gov.mb.ca/ana)

Winnipeg Regional Health Authority  
[www.wrha.mb.ca](http://www.wrha.mb.ca)  
[www.myrightcare.ca](http://www.myrightcare.ca)

National Aboriginal Health Organization  
[www.naho.ca](http://www.naho.ca)

### Mental Health Information

Native Mental Health Association of Canada (British Columbia)

[www.nmhac.ca](http://www.nmhac.ca)

Mental Health Education Resource Centre  
[www.mherc.mb.ca](http://www.mherc.mb.ca)

Canadian Mental Health Association Winnipeg Region  
[www.cmhawpg.mb.ca](http://www.cmhawpg.mb.ca)

Mental Health Commission of Canada (Alberta)  
[www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)

Canadian Association for Suicide Prevention  
[www.casp-acps.ca](http://www.casp-acps.ca)

Manitoba Suicide Line  
Help Line: 1-877-435-7170  
[www.reasonstolive.ca](http://www.reasonstolive.ca)

Mental Health First Aid  
[www.mentalhealthfirstaid.ca](http://www.mentalhealthfirstaid.ca)

### Physical Activity Information

3 Leisure Guide — Community Services  
[www.winnipeg.ca/cms/recreation/leisureguide.stm](http://www.winnipeg.ca/cms/recreation/leisureguide.stm)

Wellness Institute  
[www.wellnessinstitute.ca](http://www.wellnessinstitute.ca)

YMCA-YWCA

[www.ymcaywca.mb.ca](http://www.ymcaywca.mb.ca)

YMCA-YWCA Mental Health Services

[www.ymcaywca.mb.ca/mentalhealth.html](http://www.ymcaywca.mb.ca/mentalhealth.html)

Winnipeg in Motion — Physical Activity Website

[www.winnipeginmotion.ca](http://www.winnipeginmotion.ca)

## Nutrition Information

Province of Manitoba — Food and Nutrition

[www.gov.mb.ca/healthyliving](http://www.gov.mb.ca/healthyliving)

Health Canada

[www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php)

Health Canada — Diabetes Information

[www.hc-sc.gc.ca/hc-ps/dc-ma/diabete-eng.php](http://www.hc-sc.gc.ca/hc-ps/dc-ma/diabete-eng.php)

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CANADIAN MENTAL HEALTH ASSOCIATION  
ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE

Every effort was made to ensure the information in this guide was accurate at time of printing. We apologize for any errors or omissions. For more copies of this guide, please call 204-940-8881

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Office régional de la santé de Winnipeg  
Caring for Health À l'écoute de notre santé