

Crisis and Support Lines

Updated: December 2022

Life-threatening Emergency 9-1-1

Klinik Crisis Line

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

Available 24/7

Manitoba Suicide Prevention & Support Line

1-877-435-7170

Available 24/7

Manitoba Province-Wide Domestic Abuse Crisis Line

1-877-977-0007

Available 24/7

Text (only)

204-792-5302 or 204-805-6682

Adult Mobile Crisis Service and Mental Health Crisis

Response Centre

204-940-1781

Centre: 817 Bannatyne Ave

Available 24/7

Kids Help Phone*

For children and teens

1-800-668-6868

Text: **CONNECT to 686868**

Available 24/7

Youth Crisis Line / Youth Mobile Crisis Teams

For youth and their families

204-949-4777 or 1-888-383-2776

Available 24/7

211 Manitoba

Dial 2-1-1

or visit mb.211.ca

Available 24/7

Get help connecting with community resources and services anywhere in Manitoba.

About This Handout

This handout is produced by Winnipeg Public Library. Contact organizations directly to confirm information.

Listings with an * are national lines. All times are local (Central time).

Do you have the latest version?

Download this and other crisis support handouts from

winnipeg.ca/library – search in the “Ask Us!” box.

Note: This document prints best on 8.5”x14” paper.

winnipeg.ca/library

Canadian Human Trafficking Hotline*

1-833-900-1010

Available 24/7. Over 200 languages

For live chat visit:

canadianhumantraffickinghotline.ca

Deaf Access Counselling

TTY 204-784-4097

Available 24/7

Eating Disorders Help Line*

1-866-633-4220

Available Monday - Thursday:

8 a.m.-5 p.m.; Friday: 9 a.m.-3 p.m.

For live chat visit:

nedic.ca

Gambling Helpline

1-800-463-1554

Available 24/7

Hope for Wellness Help Line* for Indigenous Peoples

1-855-242-3310

Available 24/7

Cree, Ojibway, Inuktitut, English,
French

For live chat visit:

hopeforwellness.ca

Klinik’s Human Trafficking Hotline “The Line”

1-844-333-2211

Available 24/7

Manitoba Addictions Help Line

1-855-662-6605

Available Monday - Friday:

8:30 a.m.-4:30 p.m.

Manitoba Farm, Rural & Northern Support Services

1-866-367-3276

Available 24/7

Postpartum Warm Line

204-560-1468

Available Monday, Wednesday,

Friday: 9 a.m.-9 p.m.

Seniors Abuse Support Line

1-888-896-7183

Available 9 a.m.-5 p.m.

Sexual Assault Crisis Line

204-786-8631 or 1-888-292-7565

Available 24/7

Suicide Prevention and Support Line*

1-833-456-4566

Available 24/7

Text: 45645

Text service available 3 p.m.-11 p.m.

Trans Lifeline*

1-877-330-6366

Available 24/7

All operators are transgender

Worker’s Compensation Board Distress Line

204-786-8175 or 1-800-719-3809

Services available 24/7

Missing and Murdered Indigenous Girls and 2SLGBTQIA+

National Crisis Line

1-844-413-6649

Available 24/7

For those affected by Missing and Murdered Indigenous Girls and 2SLGBTQIA+ people and in need of immediate emotional assistance.

Cree, Ojibway, Inuktitut, English,
French

After care supports, Indigenous Services Canada

Manitoba Line: 1-866-818-3505

For survivors, family members,
and those affected by the issue of
MMIWG & 2SLGBTQIA+.

Mental health counseling and
community-based cultural support
services. English only.

Residential School Survivors

National Indian Residential School Crisis Line

1-866-925-4419

Available 24/7

For former Indian Residential
School students and their families.

Crisis Support Lines and Services

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Deaf Access Counselling

TTY 204-784-4097

Services available 24/7

Eating Disorders Help Line*

1-866-633-4220

Services available

Monday - Thursday: 10 am-6 pm; Friday: 10 am-4 pm

For live chat visit

nedic.ca

Live chat available

Monday - Thursday: 8 am-8 pm;
Friday: 8 am-4 pm

Gambling Helpline

1-800-463-1554

Services available 24/7

Manitoba Addictions Help Line

1-855-662-6605

Services available

Monday - Friday: 8:30 am-4:30 pm

Manitoba Farm, Rural & Northern Support Services

1-866-367-3276

Services available 24/7

Postpartum Warm Line

204-391-5983

Services available 9 am-9 pm

Seniors Abuse Support Line

1-888-896-7183

Services available 9 am-5 pm

Sexual Assault Crisis Line

204-786-8631 or 1-888-292-7565

Services available 24/7

Suicide Prevention and Support Line*

1-833-456-4566

Services available 24/7

Text: 45645

Text service available 3 pm-11 pm

Kids Help Phone*

For children and teens

1-800-668-6868

Text: **CONNECT to 686868**

Also available on Facebook

Messenger [@KidsHelpPhone](#)

Services available 24/7

Youth Crisis Line /

Youth Mobile Crisis Teams

For youth under age 21 and their families

204-949-4777 or 1-888-383-2776

Services available 24/7

HIV and Hepatitis C Information Support*

1-800-263-1638

Services available

Monday - Thursday: 9 am-5 pm

Hope for Wellness Help Line* for Indigenous Peoples

1-855-242-3310

Services available 24/7

For Live chat visit:

hopeforwellness.ca

Services available in Cree, Ojibway, Inuktitut, English, French

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