

REAL Resources



RAY

MENTAL HEALTH ADDICTIONS &

Created by the REAL Youth Council
Ray's empowerment and advocacy leadership council
rayinc.ca



REAL Resources

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2026 Resource Assistance for Youth

Our mission: to provide youth with what they need, on their terms, to better their lives.

For over 30 years, RaY has empowered disconnected youth through supports, training, and compassion to encourage them to make the best possible choices for their lives. RaY is a nationally recognized and award-winning non-profit organization located in Winnipeg, MB. RaY supports youth ages 0 – 29 with integrated programs and services in a nonjudgmental and inclusive space.

The REAL Youth Council members have been actively involved in sharing their knowledge, experience and being ambassadors for RaY in a number of ways. Some of their activities include tabling at Recovery Day, Smudge the streets support, Pride truck decorating and parade support, RaY event planning and day of support (Spring Feast, End of Summer BBQ, Fall Feast, Christmas Party), and University of Manitoba research consultation.

Over the past several months, the group has been actively developing content for this resource booklet, which will be distributed through our organization to participants in need. This booklet will be made available at resource fairs, during presentations, and to individuals requesting mental health support through RaY.

To kick off the project, Youth Council members collaborated to brainstorm and develop a table of contents based on topics they felt would be most beneficial to the community. They identified five key sections: Calming Toolbox, Cultural, Relationships, Addictions/Harm Reduction, and Neurodiversity. Each Youth Council member contributed to the creation of content within these sections, including hands-on activities, inspirational quotes, and psychoeducational resources. The result is a meaningful and youth-informed resource designed to support the mental wellness of our participants.

This content was created by members Youth Council members
Ashton B, Natasha C, Billy Q, Eyisha F, Jules Z, and Savanah J.

Affirmations are short, positive statements that help you focus on your strengths, goals, and self-worth. Repeating them regularly can boost confidence, reduce stress, and encourage a more positive mindset.

Rip one out and read it out loud, or place it somewhere you'll see it daily for a little reminder and boost of encouragement!

I belong here and I deserve to take up space.



I am resilient and can overcome life's challenges.



My well-being is a priority and I am committed to nurturing it.



I leave what no longer serves me in the past.



I am not defined by my past, I am driven by my future.



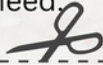
I believe in myself and my worth.



I do my best and my best is good enough.



I am allowed to ask for what I want and for what I need.



My voice and opinion matters.



I am still learning, so it's okay to make mistakes.





Journaling helps reduce stress, improve self-awareness, and boost mental clarity. It supports emotional processing, encourages mindfulness, and tracks personal growth.

Journal Prompts

What's one small action you can take today to make tomorrow easier or better?

What's one moment from today that brought you joy or made you smile?

What's one thing you're looking forward to tomorrow?

What's something you're proud of yourself for?

What's one thing you can do to take care of yourself today—mentally, physically, or emotionally?

What's something that's been weighing on your mind or occupying your thoughts lately?



Permission Slip

“Advice I got from my therapist today: If your mental health is starting to affect your physical health, treat yourself like you’re sick. Minimum of 24 hours to yourself. Nap as much as you can. Drink plenty of liquids. Catch up on movies you’ve wanted to watch. The world can wait.” - Anonymous

I, _____ hereby grant myself
permission to release my mind of these 5 things.

☐ Today ☐ This Week ☐ This Season

Self Care Bingo

Go for a
nature walk

Stretch your
body for 10
minutes

Call or
hangout with
a friend

Spend time
in the sun

Declutter a
room or
closet

Make a
home-made
meal

Take a hot
shower or
bath

Take 10
deep slow
breaths

Listen to
music

Write in a
Journal

Do some
craft
activities

Meditate for
10 minutes

Exercise or
dance

Visit a new
place

Watch a
movie

Read a
book

Star Breathing is a simple yet powerful mindfulness tool that can help calm your mind and body. By slowing your breath, you can reduce anxiety, ease stress, and feel more in control when things feel overwhelming.



To try it:

Follow the outline of a star, slowly breathing in as you trace one side, and out as you trace the next. Continue this pattern until you've traced the entire star with your breath.

When you're done, pause for a moment. Notice how you feel.

Taking just a few minutes to focus on your breathing can make a big difference in how you feel — calmer, more grounded, and more at ease.

HEALTHY RELATIONSHIPS MAD LIB

1. _____ (adjective) communication is essential. Always be open and _____ (adjective) in conversations.
2. Its important to listen and not just _____ (verb). Let your companion express their feelings and _____ (plural noun).
3. Respect each other's _____ (noun) and personal space.
4. Remember to show your appreciation. Saying things like "I _____ (verb) you" or doing _____ (adjective) tasks can make a big difference.
5. Conflict is natural. When disagreements happen, take an _____ (adjective) approach, and try to reach an _____ (adjective) solution.
6. Trust in relationships is important. Its important to be _____ (adjective) and transparent.
7. Be supportive of each other's _____ (plural noun) and dreams. Encouraging each other builds a strong bond.
8. Don't forget to share moments of _____ (adjective) fun! Whether it's a spontaneous _____(noun) or a special _____ (event).
9. Taking alone time can strengthen your connections. Its okay to take a _____ (noun).
10. A healthy relationship is about _____ (verb ending in -ing) together, growing and supporting each other.

Navigating Conflict in Relationships

1. Pause & Check-In

Quick activity: Circle what you usually do first in conflict:

- ☐ React fast ☐ Shut down ☐ Avoid until later ☐ Try to talk it out

Reflect: Does this usually help or hurt the situation? Write one sentence below.

2. Name the Need

Behind every conflict is a need (respect, space, honesty, appreciation).

Prompt: Think of your last disagreement. What need were you trying to protect? What need might they have been protecting?

My need: _____

Their need: _____

3. Choose Your Approach

Instead of: "You always..." → Try: "I feel _____ when _____ because _____."

Example: "I feel unheard when I'm interrupted because I want to share my full thought."

Practice here: "I feel _____ when _____ because _____."

4. Create Space to Reset

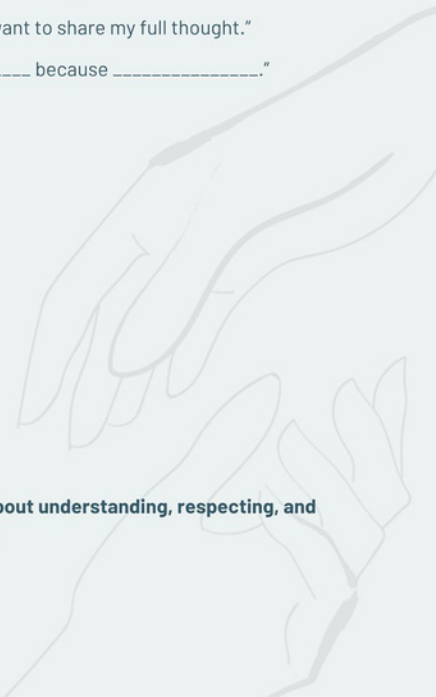
- ☐ Take 10 deep breaths
- ☐ Suggest a 20-min break before revisiting
- ☐ Write your thoughts before speaking

5. Moving Forward

Ask yourself:

- ☐ What can I do differently next time?
- ☐ What's one healthy boundary I'd like to set?

Remember: Healthy conflict isn't about winning—it's about understanding, respecting, and growing together.



Relationship Boundary Checklist

This checklist is here to help you check in with yourself. Healthy boundaries in a relationship support your mental health, build trust, and help you feel safe and respected. Use this tool to explore how your boundaries are being respected— and where you might need to set or adjust them.

Emotional

- ☐ I'm not responsible for managing the other person's emotions.
- ☐ I can take space when I need to.
- ☐ My feelings and needs are treated as valid.

Physical

- ☐ My body and space are respected at all times.
- ☐ Consent is always asked for, not assumed.
- ☐ I can set limits on touch or closeness without backlash.

Communication

- ☐ I feel safe saying "no" without guilt or pressure.
- ☐ I can share honestly without being judged or dismissed.
- ☐ My need for space or quiet is respected.

Conflict

- ☐ We handle disagreements without yelling or insults.
- ☐ I feel safe bringing up issues or concerns.
- ☐ Apologies come with changed behavior, not just words.

Digital

- ☐ I'm not pressured to share passwords or prove loyalty online.
- ☐ My phone, messages, and privacy are respected.
- ☐ Social media use doesn't cause control or jealousy issues.



Safe vs. Toxic Connections

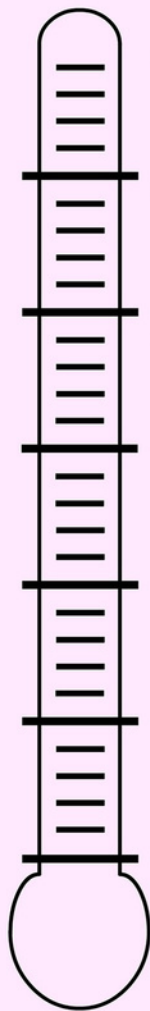
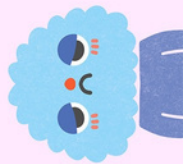
Relationships can shape how we feel about ourselves and the world. Safe connections give us energy, confidence, and security. Toxic connections can drain us, cause stress, and hold us back. Use this guide to notice the differences:

Safe Connections	Toxic Connections
Respect boundaries	Ignore or push past boundaries
Support your goals & dreams	Put you down or make you feel small
Honest but kind communication	Manipulate or guilt trip
Celebrate your wins	Dismiss your successes or make you feel guilty
Make you feel safe being yourself	Leave you anxious, drained, or unsafe
Encourage independence	Try to control your choices
Own up to mistakes & apologize	Blame you for everything
Show empathy & care	Mock your feelings or ignore them
Help you grow & learn	Hold you back or discourage growth

If you notice more red flags than green ones, it may be time to rethink this connection. Remember - Healthy connections are built on respect, care, and trust. You deserve relationships that lift you up.



Emotional Thermometer



10

Feeling out of control.

7-9

Upset and uncomfortable, feeling overwhelmed.

6

Stimulated but losing focus.

5

Engaged - Can still do what needs to be done.

4

Something is happening - Attentive.

3

Present and aware.

1-2

Calm & relaxed.



An emotional thermometer helps you recognize and manage your feelings by checking how strong they are. Calm emotions can be enjoyed, medium ones may need some balance, and strong feelings might need support or coping strategies. Noticing your emotions makes them easier to handle.

The background of the entire page is a soft, watercolor-style illustration. It features a large, multi-colored rainbow arching across the lower half, with colors transitioning from red on the left to orange, yellow, green, blue, and purple on the right. Scattered throughout the upper half are numerous light blue raindrops of varying sizes, some appearing to fall from the top. The overall aesthetic is calm and soothing.

RAIN

MINDFULNESS TECHNIQUE WHEN FEELING OVERWHELMED

R

RECOGNIZE WHAT IS HAPPENING

Take a moment to check in with yourself: What's going on right now? How are you feeling both physically and mentally?

A

ALLOW THE EXPERIENCE TO BE AS IT IS

Try not to be too hard on yourself or suppress your emotions. Allow yourself to feel what you're feeling without judgment.

I

INVESTIGATE WITH KINDNESS

"Why do I feel this way?" Observe your thoughts and pay attention to where in your body you're feeling your emotions.

N

NURTURE NON-IDENTIFICATION

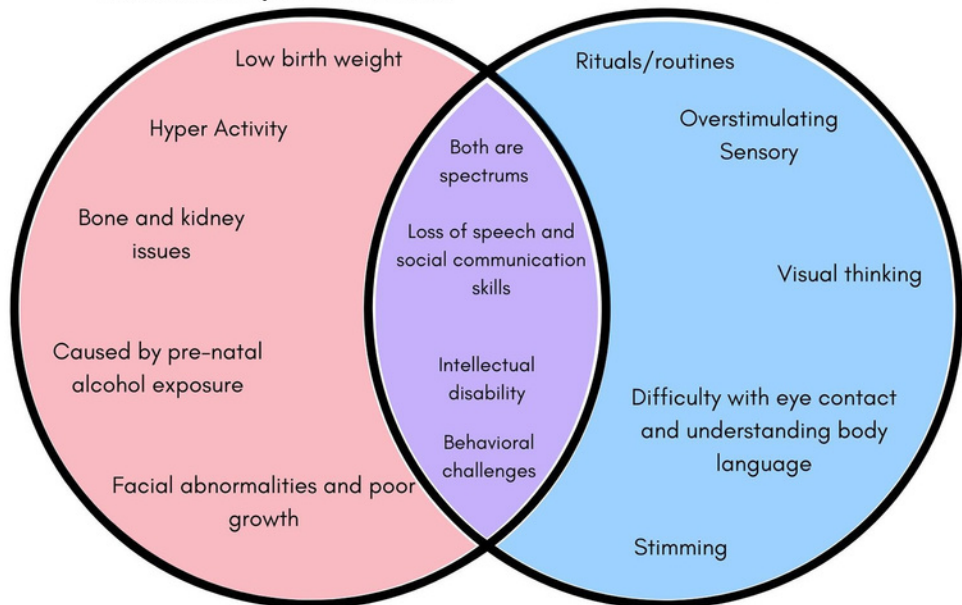
Remind yourself that you are not defined by your emotions. Recognize that what you're feeling is temporary and will eventually pass.

Misdiagnosis Mondays

www.neurodivergentinsights.com/misdiagnosismonday

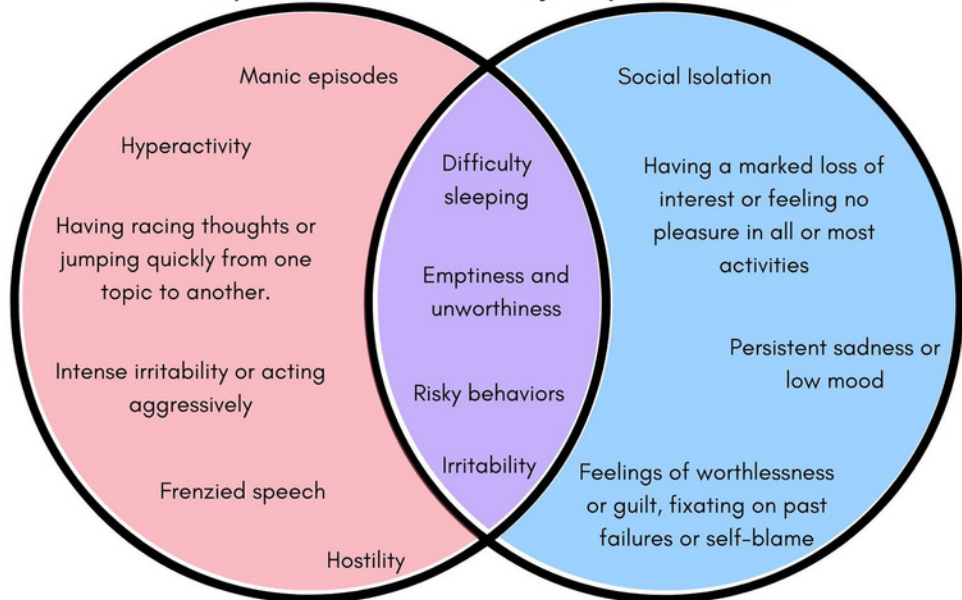
Fetal Alcohol Spectrum Disorder

Autism Spectrum Disorder



Bipolar Disorder

Major Depressive Disorder





Anxiety

Tic Disorders

Dyslexia

Dementia

Traumatic Brain Injury

Autism Spectrum Disorder

Borderline personality disorder

Visual Impairment

Depression

Schizophrenia

ADHD

PTSD

Downs Syndrome

Obsessive Compulsive Disorder

Auditory Processing Disorder

Dyscalculia

Epilepsy

Parkinsons

Development Disabilities

The neurodiversity umbrella refers to the range of neurological differences that fall under the concept of neurodiversity. It includes both developmental and acquired conditions that affect how individuals think, learn, process information, and interact with the world.

Understanding My Spoons:

A Neurodivergent Energy Guide

What is Spoon Theory?

Spoons are units of energy. We all start with a limited number each day. For neurodivergent people (like those with ADHD or autism), things that seem “small” to others - sensory overload, masking, or decision-making can use up many spoons. Once you're out of spoons, even simple tasks can feel impossible until you've rested or recharged your spoons.

High-Spoon Tasks

Things that COST extra spoons:

Sensory Overload (Noise, bright lights), Social Masking, Executive Dysfunction (Starting, planning), Transitions/Change, Decision Making, Managing Emotions.



Low-Spoon Tasks & Recharging

Things that GIVE spoons or cost few:

Quiet alone time, Interests/Flow State, Stimming, Comfort Routines, Nature/Rest



Spoon Budgeting: My Daily Practice

1. **Self-Awareness:** Track (mental & physical)
2. **Pacing:** Break tasks down. Take breaks!
3. **Prioritize:** What truly matters today?
4. **Communicate:** Let others know you're low. No guilt!
5. **RECHARGE!**

The demands of our world's current structure can mean disabled people are often required or demanded to use more spoons than they have in a day. This requires them to borrow spoons from the next day. Enough of this cycle without enough time to rest and do recharging activities can lead to burnout which can last days, weeks or months. It can be difficult to tell when you are in burnout.



Different Types of Culture

Culture isn't just race or ethnicity. It's the values, identities, experiences, and communities that shape how we think, cope, connect, and heal. Everyone has culture –even if they've never named it before.

Culture Can Include...

- ☐ Race / Ethnicity
- ☐ Language & Communication
- ☐ Family & Upbringing
- ☐ Immigration or Migration Experiences
- ☐ Religion or Spirituality
- ☐ Gender Identity
- ☐ Sexual Orientation
- ☐ Community or Chosen Family
- ☐ Education & Work Environments
- ☐ Neighborhood or Region
- ☐ Online / Social Media Spaces
- ☐ Music, Art, Style, or Hobbies
- ☐ Something people don't see about me: _____
- ☐ A culture I grew into: _____
- ☐ A culture I'm still figuring out: _____
- ☐ Other _____

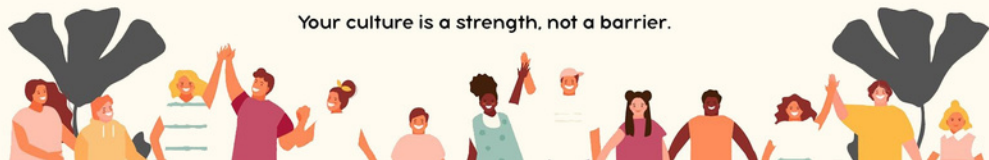
Why Culture Matters for Mental Health

- It affects how we express emotions and stress
- It shapes whether asking for help feels safe or unsafe
- It influences what support actually works for us

Reflection

When I'm struggling, what parts of my culture feel supportive?

Your culture is a strength, not a barrier.





Sage & Cedar Tea Recipe

INGREDIENTS

- 2 CUPS FRESH CEDAR BRANCHES
- ½ OUNCE FRESH SAGE LEAVES (ABOUT 45 LEAVES)
- 4 CUPS WATER
- MAPLE SYRUP, TO TASTE (OPTIONAL, FOR SWEETENING)

INSTRUCTIONS

1. RINSE CEDAR BRANCHES AND SAGE LEAVES UNDER COOL WATER TO REMOVE DIRT AND DEBRIS.
2. PLACE CEDAR BRANCHES AND SAGE LEAVES INTO A MEDIUM SAUCEPAN.
3. ADD 4 CUPS OF WATER.
4. BRING TO A BOIL OVER MEDIUM-HIGH HEAT.
5. REDUCE HEAT AND SIMMER FOR 10-15 MINUTES, UNTIL THE WATER TURNS A GOLDEN-BROWN COLOR.
6. REMOVE FROM HEAT AND LET STEEP FOR AN ADDITIONAL 10-20 MINUTES.
7. STRAIN AND DRAIN THE INFUSION INTO A CUP OR JAR.
8. SWEETEN WITH MAPLE SYRUP IF DESIRED, STIRRING TO TASTE.

Sage



Sage is one of the four sacred medicines and is used in everyday life and in ceremonies. Sage is high in nutrients and vitamins and so is often used for medicinal purposes and makes a great ingredient in this tea!

It is also used in ceremonies and teachings, and is helpful in removing negative energy and things that are troubling to the mind. It is great to use for cleansing homes and sacred items.



Cedar

Cedar is another one of the four sacred medicines and is similar to sage as it is also used to cleanse and purify the home.

Cedar has many restorative and medicinal uses, and when boiled the aroma from the steam can purify indoor air. It can also be used in fasting and sweat lodge ceremonies. When used in tea, it helps to reduce fever, inflammation, and symptoms of colds and flu.

Spirituality & Mental Health

Indigenous spiritual practices help protect mental health by connecting people to their culture, community, land, and ancestors. These practices help build a strong sense of who you are, and give you strength and hope during hard times.

Key Spiritual Ideas & How They Help

- **Whole Health**

Health means balance between spirit, mind, emotions, and body.

- **Ceremonies & Rituals**

Smudging, sweat lodges, water ceremonies, and other practices help release feelings, pray, and find hope.

- **Connection to Land & Nature**

Being in nature helps heal, gives a sense of place, and eases anxiety.

- **Ancestral & Community Strength**

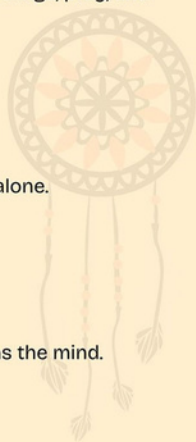
Feeling supported by ancestors and community reminds you that you are not alone.

- **Strong Identity**

Knowing your culture builds confidence and protects mental health.

- **Stories & Language**

Sharing stories and speaking your language keeps culture alive and strengthens the mind.



Fill in or journal your answers:

- Which spiritual practice feels right for you? Why?

- How do you connect to your culture, community, or land?

- What new spiritual habit would you like to try to support your mental health?

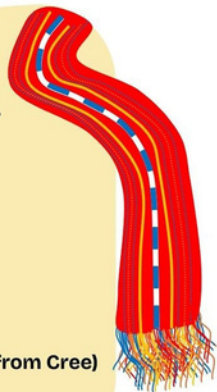
Translations

Language is the heartbeat of our identity and a powerful link to our roots. Speaking in our first language connects us to the strength of our ancestors and gives us a sense of belonging. It allows us to express ourselves truthfully, bringing healing through the words that feel most authentic to us.

English to Michif (Métis)

Michif blends French and Cree elements.

- Hello – Bonjour
(French, pronounced: Boh-zhoo)
- How are you? – Tansî?
(pronounced: Tahn-see [from Cree])
- I need help – Né mo niin
(pronounced: Nay moh neen [from Cree])
- I feel sad – N'mècîk pimipahtâw
(pronounced: Nuh-meh-cheek pee-mee-pah-taw [from Cree])
- Thank you – Miigwech
(pronounced: Mee-gwetch [borrowed from Ojibwe])



English to Ojibwe / Anishinaabe

- Hello – Boozhoo (pronounced: Boh-zhoo)
- How are you? – Aaniin ezhi-ayaawin? (pronounced: Ah-neen eh-zhee ah-yah-win?)
- I need help. – Ningii-giizhiitaawag (pronounced: Nin-gee geezh-ee-tah-wag)
- I feel sad. – Nikamota (pronounced: Nee-kah-mo-tah)
- Thank you – Miigwech (pronounced: Mee-gwetch)

English to Cree

- Hello – ᓃᓕᓴᓐᓴᓐ (Nîhithaw)
(pronounced: Nee-hee-thaw)
- How are you? – ᓃᓴᓐᓴᓐᓴᓐ (Nêhiyawêwin êkosi êkosi?)
(pronounced: Nay-hee-ya-we-win eh-koh-see)
- I need help. – ᓃᓴᓐᓴᓐᓴᓐ (Nini ᓃᓴᓐᓴᓐ)
(pronounced: Nih-nee ooh-thay-nee-nan)
- Thank you – ᓃᓴᓐᓴᓐ (Tîwîcîk)
(pronounced: Tee-wi-chik)



Body Scan Activity

Choose one of the following positions to begin:

Standing

Stand in a neutral position with your feet between your heels and toes. Bend your knees slightly and stand shoulder-width apart. Ground yourself into the floor and feel gravity pulling your feet downward.

Lying Down

Lie flat on the floor with your arms relaxed at your sides. Release your shoulders and allow your feet to fall outward naturally.

The Scan Process:

Take a deep breath. Feel your belly button being pulled toward the earth. Notice the weight of your shoulders, hands, heels, and the back of your head connecting to the ground.

Starting from your toes and moving upward, check in with each part of your body.

Begin with your feet. Wiggle your toes and notice the weight resting on your heels and the balls of your feet. Pay attention to any stretching or sensations in your ankles.

Move upward through your lower legs, thighs, and pelvis, noticing any tension, heaviness, or relaxation.

Shift your awareness to your upper body. Notice your fingers, arms, shoulders, belly, and chest. Observe how each area feels without trying to change anything.

Bring attention to your head and neck. Feel your neck and then your jaw. If your jaw is tense, allow it to release.

Continue to your ears, face, and the top of your head.

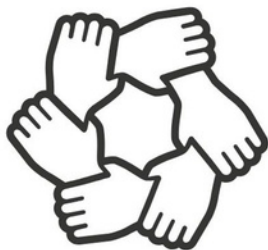
Check in internally. Ask yourself if you feel hungry, thirsty, tired, or if you notice any temperature changes. Pay attention to pressure, physical stress, or cravings.

Observe your breath and notice whether it feels deep, fast, slow, or labored. Try to feel your breath filling your entire torso. If your mind wanders or you lose focus, gently return to the last place you remember and continue. Take your time.

Usefulness & Next Steps

Once you identify what your body is feeling, you can take steps to regulate yourself. You may address physical needs such as hunger, thirst, or cravings. Regulation can include taking a hot shower, holding an ice cube, dunking your face in cold water, or eating something sour. You can also support yourself by changing your environment, using a stress-relief tool, or getting fresh air.

This may not work every time or for everyone. Some brains are wired in ways that make it hard to identify what you're feeling or what you need — and that's okay. Recovery is a journey, and simply existing in a complex body takes time. Do the best you can, and be kind and patient with yourself.



Harm Reduction Word Search



Can you find the words hidden in the puzzle?



PROGRAMS

SUPPORTS

MEETINGS

ACCEPT

NARCAN

RECOVERY

SUBOXONE

SUBSTANCE USE

DETOX

OPIOD

COPING

TREATMENT

OVERDOSE RESPONSE

HOW TO USE NALOXONE (NARCAN)



CHECK FOR OVERDOSE SIGNS

- No response when you call their name or shake/pat their arm.
- Slow, irregular, or no breathing.
- Blue or grey lips and fingertips.
- Substances or drug-use equipment near by.



STEP 1: CALL 911

- Tell them someone isn't breathing and you suspect overdose.
- The operator will remain on the phone with you to talk you through naloxone administration until first responders arrive.



NASAL SPRAY NALOXONE

- Tilt the person's head back.
- Ensure there is no debris in their nose.
- Insert the nozzle into one nostril.
- Press the plunger fully.
- If no response after 2-3 minutes, use a second spray in the other nostril.

GOOD SAMARITAN LAW



- Protects YOU from charges for drug possession when you call 911 for an overdose.
- Applies whether you are the one overdosing or the one calling for help.
- Does not protect against outstanding warrants or trafficking charges.



INTRAMUSCULAR NALOXONE

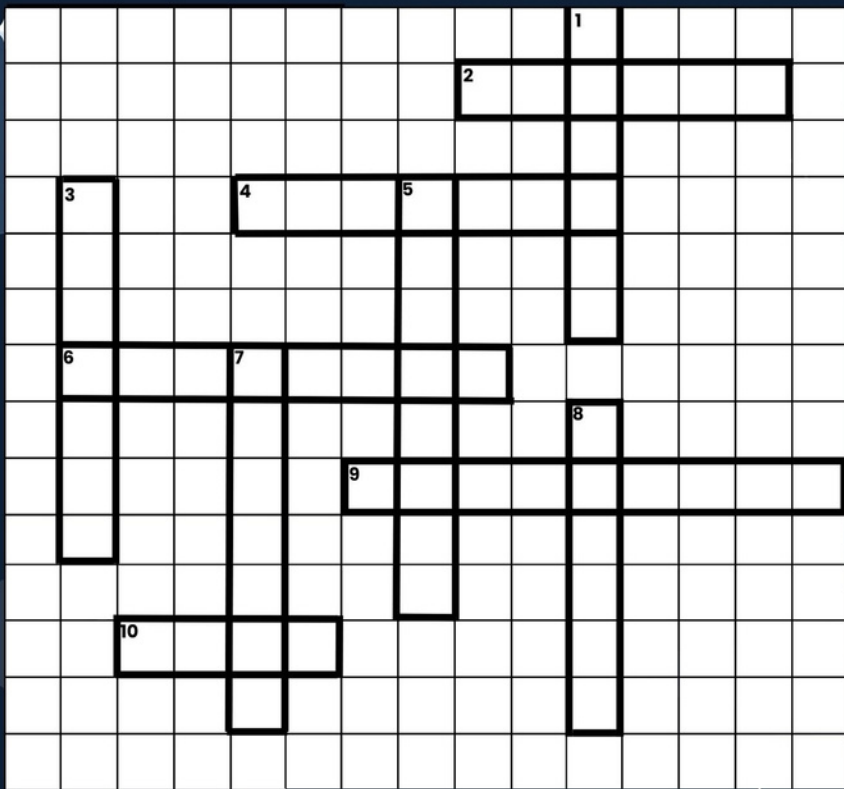
- Make sure all of the naloxone is at the bottom of the vial before snapping the top off.
- Draw up the full dose into the syringe.
- Inject into a large muscle (thigh or upper arm) until the needle retracts. Use a new needle for each dose.
- If no response after 2-3 minutes, give another dose.

AFTER GIVING NALOXONE

- Perform CPR if needed (if you are trained).
- Place the person in the recovery position (on their side) to prevent choking if they vomit.
- Stay until help arrives.



SAFE SUBSTANCE USE CROSSWORD PUZZLE



ACROSS

2 USED TO REVERSE AN OPIOID OVERDOSE.

4 A TERM FOR CLEAN, UNUSED SUPPLIES.

6 PRACTICE OF CHANGING INJECTION SITES TO LET VEINS HEAL.

9 A VIRUS (SPECIFICALLY TYPE C) THAT CAN BE SPREAD BY SHARING SUPPLIES

10 PART OF THE PHRASE "START LOW, GO ____" TO AVOID TAKING TOO MUCH.

5 THE "POSITION" YOU PUT SOMEONE IN IF THEY ARE UNCONSCIOUS BUT BREATHING.

3 DRINK PLENTY OF WATER TO KEEP YOUR BODY FUNCTIONING SAFELY.

1 A PERSON YOU STAY WITH SO YOU ARE NOT ALONE.

8 SMALL PAPER TOOL USED TO DETECT FENTANYL IN A SUBSTANCE.

7 MIXING THIS WITH OTHER SUBSTANCES INCREASES OVERDOSE RISK.

DOWN

Triggers & Coping Strategies

Coping Skills

- **Relaxation:** Stress affects your health and recovery. Use simple techniques like deep breathing, stretching, exercise, or spending time in nature. Music and warm baths can also help you unwind.
- **Honesty:** Be honest with yourself and others. Talk openly about your thoughts and feelings. Healthy communication helps release emotional pressure, builds understanding, and strengthens your relationships.
- **Self-Care:** Take care of your hygiene, dress in a way that makes you feel good, and do positive activities you enjoy. Small acts of self-care support a stronger, healthier mindset.

H.A.L.T.

Recognize the HALT warning signs: Hungry, Angry, Lonely, or Tired. This tool reminds us to pause and check in with ourselves. While it may seem simple, unmet basic needs can leave us vulnerable to emotional distress and self-destructive behaviors — including relapse. Taking a moment to identify and address these feelings can be a powerful step in maintaining balance and recovery.

Triggers

- Emotional distress (e.g., stress, frustration, anger, sadness)
- Mental health challenges (e.g., anxiety, depression)
- Social influences (e.g., peer pressure, social isolation)
- Lack of stimulation or purpose (e.g., boredom, loneliness)

Mental Health & Addictions Resource Guide

Klinic Community Health Centre - Crisis Support & Counselling
24/7 crisis support, suicide prevention, walk-in counselling
Phone: 204-786-8686 or toll-free 1-888-322-3019

WRHA Crisis Response Centre / Mobile Crisis Service
Adult crisis response & mental health emergency services
Phone: 204-940-1781

WRHA Crisis Stabilization Unit (CSU)
Short-term mental health & addictions crisis stabilization
Phone: 204-940-3633

The Link Youth 24-Hour Crisis Service
Youth-focused crisis support (under 21)
Phone: 204-949-4777 or toll-free 1-888-383-2776

Kids Help Phone
24/7 support for youth and young adults
Call: 1-800-668-6868
Text CONNECT → 686868

Manitoba Suicide Prevention & Support Line / Crisis Helpline
Province-wide suicide & crisis support - 24/7
Phone: 1-877-435-7170

Manitoba Farm, Rural & Northern Support Services
Mental health support for rural/farm/northern residents
Phone: 1-866-367-3276 or 204-571-4182

Health Links - Info Santé
24/7 telephone health & mental-health referrals
Phone: 204-788-8200 or toll-free 1-888-315-9257

NorWest Co-op Community Health
Family violence support, mental health & addictions support
Phone: 204-938-5900

Spence Neighbourhood Association
Youth mentoring, recovery & community support
Phone: 204-783-5000

Huddle
Mental health, addictions, peer support, and life-skills programs. Provides community, counselling, and guidance.
Phone: 204-944-4777

Canadian Mental Health Association Manitoba & Winnipeg (CMHA)
Service navigation, counselling, education, employment & wellness supports
Phone: 204-775-6442 (navigation hub) / 204-982-6100 (main line)

Addictions Foundation of Manitoba (AFM)
Substance use & gambling support, counselling, treatment & referrals
Helpline: 1-855-662-6605
Local offices: 204-944-6200 / 204-944-6209

Mood Disorders Association of Manitoba (MDAM)
Peer support groups for depression, anxiety, bipolar, grief, and family supports
Phone: 204-786-0987

Anxiety Disorders Association of Manitoba (ADAM)
Support, education, groups & anxiety resources
Phone: 204-925-0600

Sara Riel Inc. / Warm Line & Community Counselling
Community-based mental health & addictions counselling; peer support; warm line for support / referral
Main phone: 204-237-9263
Warm Line (7-11 pm): 204-942-9276

Resource Assistance for Youth (RaY)
Mental health & addictions support, harm-reduction services, and case management for vulnerable youth
Phone: 204-783-5617

Rainbow Resource Centre
Mental health support for 2SLGBTQ+ youth
Phone: 204-474-0212

Willow Place - Women's Shelter & Crisis Support
Crisis line / shelter for women and gender-diverse individuals who are victims of domestic violence
Phone: 204-615-0311 or toll-free 1-877-977-0007

Main Street Project
Support for homelessness, mental-health issues, addictions, crisis support, housing supports, outreach
Phone: 204-982-8245

Rosbrook House
Drop-in mental health support for youth
Phone: 204-949-4090

