

@spinbrandon



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SEEK HELP FROM  
A FRIEND OR  
PROFESSIONAL WHEN  
FEELING EMOTIONAL  
DISTRESS.

# POWER CARD

RESOURCE & SUPPORT



**Suicide Prevention**  
Implementation Network  
[spinbrandon.ca](http://spinbrandon.ca)

# CRISIS SUPPORT

## **Child and Adolescent Treatment Centre**

204-578-2700 or 1-866-403-5459

**Westman Crisis Services** 204-725-4411 or 1-888-379-7699

## **Manitoba Suicide Prevention and Support Line**

1-877-435-7170

## **Manitoba Farm, Rural & Northern Support Services**

1-866-367-3276 Crisis Chat Line at supportline.ca

**Kids Help Phone** 1-800-668-6868

**Manitoba Addictions Helpline** 1-855-662-6605

## **First Nations and Inuit Hope for Wellness Helpline**

1-855-242-3310

# SUPPORT GROUPS

**Anxiety Disorders Association** 204-725-8550

**Mood Disorders Association** 204-725-1232

**Suicide Bereavement Support Group** 204-571-4183



# LINKS & RESOURCES

[calminthestormapp.com](http://calminthestormapp.com)  
[moodsdisordersmanitoba.ca](http://moodsdisordersmanitoba.ca)  
[adam.mb.ca](http://adam.mb.ca)  
[mindcheck.ca](http://mindcheck.ca)

[kidshelpphone.ca](http://kidshelpphone.ca)  
[spinbrandon.ca](http://spinbrandon.ca)  
[reasontolive.ca](http://reasontolive.ca)  
[stresshacks.ca](http://stresshacks.ca)