

 **Brandon & Area Suicide Prevention Implementation Network**

 **Resource List**

**Emergency Contact** (for immediate assistance)…………………….……………………………………….911

**Westman Crisis Services** (24 hour service)…………………….…204-725-4411 or 1-888-379-7699

**Westman Resources:**

Addiction Foundation of Manitoba……………………………………………………………….….204-729-3838

Child & Adolescent Treatment Centre………………………………..204-578-2700 or 1-866-403-5459

Prairie Mountain Health Community Mental Health (8:30 am – 4:30 pm)…….…204-578-2400

Sexual Assault Line…………………………………………………………….204-727-3644 or 1-888-292-7565

 YWCA Westman Women’s Shelter……………..……..…………………………………………….204-727-3644

 **Provincial Resources:**

Manitoba Suicide Prevention and Support Line………………..………………………….1-877-435-7170

Crisis Chat Line at supportline.ca

 Manitoba Farm, Rural & Northern Support Services…..………..………………………1-866-367-3276

 Domestic Violence Crisis Line………………………………………………………………….…..1-877-977-0007

 Addiction Foundation of Manitoba Gambling Help Line………………………………1-800-463-1554

 Health Links (for 24 hour health information)…………………………………………..…1-888-315-9257

 Seniors Abuse Support Line………………………………………………………………….……..1-888-896-7183

 **National Resources:**

Kids Help Phone………………………………..…………………………………………………………1-800-668-6868

 First Nations and Inuit Hope for Wellness Helpline………………………………………1-855-242-3310