

Environmental Scan

Resources for coping with and adjusting to dialysis

In this document, you will find an overview of existing resources to support you in coping with and adjusting to dialysis. Many different types of resources are listed, and we hope one or more will fit your needs. Many, but not all, of the resources listed are for Manitobans on dialysis.

We encourage you to see what is a good fit for you. In addition to using these resources, we encourage you to talk with your healthcare providers.



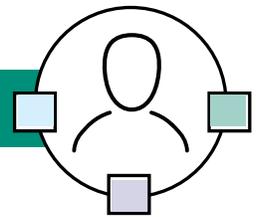
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In the resources listed below, we have added internet links that you can click to read more about the information and services on their websites. Please note that most of the services listed in this document are free or covered under Manitoba Health Care for people living in Manitoba, Canada. These documents were created to serve as an inventory of resources intended for online use. The links were last verified in August 2025.

Information on Mental Health

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INFORMATION ON MENTAL HEALTH

Resources that help explain what mental wellness and illnesses are, how to manage them, and where to find further help.

Information on Mental Wellness for People Living with Dialysis or Kidney Disease

Name of information resource	Brief description of resource	How can you access the information?
American Kidney Fund	Learn about the impact kidney disease has on maintaining your mental health.	Click here to access
Kidney Foundation	Watch a webinar about living with chronic kidney disease and its impact on mental health.	Click here to access
Kidney Info Portal	Access a portal with various resources available for kidney patients.	Click here to access
Kidney Foundation	Access videos for strategies to coping with kidney disease.	Click here to access
Kidney Research UK	Learn about kidney disease and hear from lived experiences on how to manage it.	Click here to access
Kidney Wellness Toolkit	A webinar on building a wellness toolkit for living with chronic kidney disease.	Click here to access
Life Options	Learn about kidney disease, how to live with it, and ways to feel your best.	Click here to access
My Kidneys My Health	Discover information and tips on how to live with CKD.	Click here to access
National Kidney Foundation	Information on numerous kidney-related topics. Learn about social determinants, living with the disease, and more.	Click here to access
PsychoNephrology	Learn about kidney disease and how it affects mental health.	Click here to access

General Information on Depression/Anxiety

Name of information resource	Brief description of resource	How can you access the information?
Anxiety & Depression Association of America	Learn about depression and ways to manage depression and anxiety.	Click to learn about depression Click to learn about depression tips Click to learn about anxiety tips
Canadian Psychological Association	Find information and facts about depression.	Click here to access
Depression, anxiety, & stress test	Read articles that provide information on depression, anxiety, and stress.	Click to learn about depression Click to learn about anxiety Click to learn about stress
Depression Hurts	Discover the potential signs of depression from a holistic approach. Available in English, French, Chinese (simplified), and Punjabi.	Click here to access
Depression in Older Adults - You are Not Alone!	Learn about depression in older adults: common symptoms, diagnosis, and treatment.	Click here to access

Information on Mental Health

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eMentalHealth	Find information about depression and anxiety. Learn about symptoms, types, coping strategies, and more.	Click to learn about depression Click to learn about anxiety
FamilyDoctor	Find out what depression means and its symptoms, causes, diagnosis, treatment, and more.	Click here to access
HeadsUpGuys	Find information and resources uniquely for men regarding mental health and preventing and managing depression.	Click here to access
Informed Choices About Depression	Provides general information about depression and depression treatment.	Click here to access
Mayoclinic	Get an overview of depression and more about the disorder.	Click here to access
MedlinePlus	Find numerous pieces of information and topics related to depression.	Click here to access
Mood Disorders Association of Manitoba: Depression	Information on types of depression, symptoms, risk factors, treatment and support resources.	Click here to access
Mood Disorders Society of Canada	Find support resources and links for depression, bipolar disorder, anxiety, building resilience.	Click here to access
Students Against Depression	Find information and resources for depression, anxiety, trouble sleeping or concentrating, and suicide.	Click here to access
The LifeLine Canada Foundation	Find information relating to depression and anxiety.	Click to learn about depression Click to learn about anxiety

General Mental Health Information

Name of information resource	Brief description of resource	How can you access the information?
CMHA Manitoba and Winnipeg: Understanding Mental Illness	Information about anxiety disorders, depression and bipolar disorder, eating disorders, getting help, grieving, mental illnesses, mental illnesses in the workplace, myths about mental illness etc.	Click here to access
eMentalHealth	Learn about common mental health topics such as stress, sleep, self-compassion, and self-harm.	Click to learn about stress Click to learn about sleep Click to learn about self-compassion Click to learn about self-harm
Government of Canada – Mental health counselling benefits for First Nations and Inuit	Find information about receiving free counselling services from the Non-Insured Health Benefits (NIHB) program. For First Nations and Inuit people.	Click here to access
Government of Canada	Find information on what mental health is and why it is important.	Click here to access

Information on Mental Health

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Government of Canada	Services and general information related to mental health, contributed by the Public Health Agency of Canada and Health Canada.	Click here to access
Hong Fook Mental Health Association	Read information about anxiety, depression, stress, emotions, and health in English, Mandarin, Cantonese, Korean, and Vietnamese.	Click here to access
Living Healthy Champlain	This website includes webinars, coaching, and resources for those living with chronic health conditions.	Click here to access
Mental Health Commission of Canada	Discover some common myths and misconceptions regarding mental health and mental health care.	Click here to access
Mental Health Education Resource Centre	Find information on mental health, self-help, support, recovery, grieving, spirituality, and peer support.	Click here to access
Mood Disorders Association of Manitoba	Information on a variety of mental health topics, including symptoms and support resources.	Click here for more information Click here to register Call: 204 786-0987
Multicultural Mental Health	Find mental health resources and information in over 25 languages.	Click here to access
My Mental Health	Learn about Mental Health First Aid (MHFA) and how to aid people in crisis.	Click here to access
Reason to Live	Information on coping with suicidal thoughts & provides safety plan templates.	Click here to access Click here for PDF
Shared Health - Mental Health and Wellness Resource Finder	Find mental health, wellness and addictions support and resources for you and those you care about.	Click here to access
Supporting a Loved One	Provides information on supporting a loved one and what to do in a crisis.	Click here to access
Winnipeg Regional Health Authority	Learn about the Psychology program that offers cost-effective and evidence-based evaluation and treatment.	Click here to access
Well Central	Website containing courses on mental wellness.	Click here to access

Resources for your Self-care

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RESOURCES FOR YOUR SELF-CARE

Websites, books, workbooks, and apps that provide resources for self-care and ways to increase mental wellness. Some are specific to kidney disease, depression, and anxiety.

Self-care tools specifically for People Living with Dialysis or Kidney Disease

Name of resource	Brief description of resource	How can you access the information?
Can-SOLVE CKD	Online modules to introduce individuals to kidney research resources in Canada.	Click here to access To access the online modules, select “patient partner” at registration.
Davita Kidney Care	Learn about kidney disease, how to manage the disease, and find diet and nutrition tips.	Click here to access
Kidney Community Kitchen	Find recipes and information on how to manage a renal diet.	Click here to access
Kidney Foundation of Canada	Explore resources for managing kidney health, including tips on staying active with kidney disease and webinars covering various kidney health topics.	Click here for active living tips Click here for kidney webinars
Kidney Foundation: Taking Care of Your Mental Wellness	Summary of resources for taking care of your mental health and wellness.	Click here to access
Kidney School	Discover learning modules and audiobooks about kidney and kidney disease.	Click here to access
Kidney Wellness Hub	Free online wellness resource hub for kidney patients. Includes resources on staying active, eating well, mental wellbeing, and socially connecting.	Click here to access
Living with Kidney Failure and Reduced Kidney Function	Helps you learn how to live well with kidney failure (See Chapter 8). Chapter 6 of this book teaches you to live well with reduced kidney function.	Click for Living with Kidney Failure Click for Living with Reduced Kidney Function
PKD Foundation of Canada	Find information on diet, nutrition, and also webinars, specifically for polycystic kidney disease (PKD).	Click here to access

Resources for Depression/Anxiety

Name of resource	Brief description of resource	How can you access the information?
Antidepressant Skills Workbook	Self-care workbook to help you manage low mood. Workbook available in English, French, Chinese, Farsi, Punjabi, and Vietnamese. Audio available for download in English and French.	Click here to access

Resources for your Self-care

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Anxiety Disorders Association of Manitoba: Anxiety (ADAM)	Information on anxiety and panic disorders, Phobias, Obsessive Compulsive Disorder, Agoraphobia, and Hoarding Disorder. 9 AM-9 PM on weekdays & 10 AM-4 PM weekends; leave a voicemail and an ADAM worker will get in touch with you soon.	Click here to access Or Call: 1 204 925-0600 Or Email: adam@adam.mb.ca
Bridge the gapp	Bridge the gapp Adult is an online resource designed to support mental wellness.	Click here to access
Centre for Clinical Interventions	Find workbooks, information, and worksheets for both Depression and Anxiety	Click here for depression work material Click here for anxiety work material
Coping with Suicidal Thoughts	Helps you deal with thoughts of harming yourself.	Click here to access
Depression Quest	An interactive game where you play a character with depression. Meant to help show/ inform yourself and others that you are not alone and of the different options you can take.	Click here to access
Depression, anxiety, & stress test	Find techniques to manage depression, anxiety, and stress.	Click here for depression techniques Click here for anxiety techniques Click here for stress techniques
eMentalHealth	Learn about what panic attacks are, why they happen, and tips to address them.	Click here to access
Kidney Foundation of Canada	A self-care fact sheet that provides ways to manage and cope with depression.	Click here to access
MoodFx Depression and Anxiety Resources	Helps you deal with anxiety and low moods (You will need to schedule an appointment)	Click here to access
Not Just Talk	Find easy-to-read guides and audio recordings for both depression and anxiety.	Click here to access

General Mental Health/Wellness Tools

Name of resource	Brief description of resource	How can you access the information?
Black Mental Health Canada	Find free workshops and events that discuss mental health for the black communities in Canada.	Click here to access
Breathr App	Provides easy and fun ways to practice mindfulness along with interesting facts about the benefits of mindfulness.	Available on App Store and Google Play. Click here for more information
Calm	Calm is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced meditators and gurus.	Available on App Store and Google Play.

Resources for your Self-care

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Calm in the Storm	An app for coping with the stresses of life. Can create a safety plan, customize your experience, learn how to identify and manage your stress, receive personalized recommendations and listen to audio relief sessions.	Available on App Store.
Centre for Addiction and Mental Health	20-minute course on mental health and depression. Learn about the basic definitions and key messages.	Click here for the mental health course Click here for the depression course
CMHA National	Take this stress questionnaire to see how elevated your stress might be.	Click here to access
Community Course: Making it Matter with Micro-Interventions	Free 2-hour virtual course on coping skills and how you can support yourself through difficult times.	Click here for more information and to enroll
eMentalHealth	Screening tools for self-compassion, happiness, anxiety, and depression. Should not be used as a substitute for a professional opinion.	Click here for the self-compassion tool Click here for the happiness tool Click here for the anxiety tool Click here for the depression tool
eMentalHealth	Learn about therapeutic tapping, bilateral music, grounding strategies, dialectical behavioral therapy, and about happiness. Different methods for self-care improvement.	Click here to learn about therapeutic tapping Click here to learn about bilateral music for anxiety Click to learn about Dialectical Behavioral Therapy Click to learn about happiness strategies Click to learn about grounding strategies
eMentalHealth	A safety plan that contains a series of questions to help ground yourself and to stay safe.	Click here to access
Feeling Good	Feeling Good uses relaxation, cognitive behavioural therapy (CBT) and resilience-building techniques to help improve positive feelings, self-esteem and self-confidence.	Available on App Store and Google Play.
Getting Better My Way	A free self-management tool. Answer a series of questions to help create your plan.	Click here to access
How to manage and reduce stress – Mental Health Foundation	Information about stress and tips on how to manage it.	Click here to access
InsightTimer	A wellness tool that promotes and provides free guided meditation.	Available on App Store and Google Play. Click here for web access
MacAnxiety Research Centre Health Apps	Suggests a list of apps for coping with anxiety and low moods.	Click here to access
Meditations – Chris Germer	Download meditation audio files or written meditation instruction PDF files intended to promote mindful self-compassion.	Click here to access

Resources for your Self-care

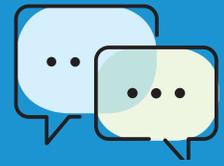
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Mental Healthy - F.i.T.	Access films, programs and tips to find the benefits of fostering mental wellness and also the danger signs..	Click here to access
MindBeacon	Find 3 tips on learning to deal with uncertainty as well as 5 tips to help with regulating your mood.	Click here for uncertainty tips Click here for mood regulation tips
Mindfulness Exercises	Find free courses, audio, worksheets, and videos about mindfulness and how it can help strengthen oneself.	Click here to access
Mindshift CBT App	Learn how to relax, be mindful, and cope with anxiety using strategies based on cognitive behavioural therapy.	Available on App Store and Google Play. Click here for more information
Mind Your Mind	Access mental health tips, interactive tools, and shared stories and experiences.	Click here for tips Click here for interactive tools Click here for stories and experiences
Mood	Mind your Mood is an easy-to-use app that allows you to track your moods, help you understand your ups and downs and see the bigger picture of your emotional health.	Available on App Store and Google Play.
MoodMission	MoodMission helps you learn ways of coping with low mood and anxiety. Tell the app how you're feeling and get a tailored list of 5 Missions to help you feel better. Missions are activities and mental health strategies that are quick, easy, and backed up by scientific evidence.	Available on App Store and Google Play.
My Tools – Suicide.ca	Discover tools to take care of your mental health. Tools for taking action, calming down, and more.	Click here to access
National Institutes of Health	Utilize the emotional wellness toolkit to help manage emotions, reduce stress, and cope with loss. Also information on sleep and mindfulness.	Click here to access
North Simcoe Muskoka Self-Management Program	Free 6-week self-management workshops to help those living with health conditions. Offered in English and French.	Click here to access
Now Matters Now	Video-based website sharing the stories of others and how they survived difficult experiences. Also includes mental health worksheets, safety plans, and other tips and tools.	Click here to access
PsychHealthandSafety	Self-care workbook that can help you learn to cope with health problems.	Click here to access
Safety Plan Guide	Safety plan workbook to help you manage suicidal thoughts and urges.	Click here to access

Resources for your Self-care

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Self-Compassion	Self-compassion website that provides information on how to get started and some guided meditations.	Click here to access
Sunlife	Provides information on meditation and gratitude journals. Discover why both are beneficial for self-care and mental health.	Click to learn about meditation Click to learn about gratitude journals
The LifeLine Canada Foundation	Learn about coping and what unhealthy and healthy coping looks like.	Click here to access
Wellbeing Guide	Find information and tools to help support your self-improvement journey. Topics include stress, anxiety, and more.	Click here to access
What's Up?	What's Up? can help you cope with anxiety, stress and feelings of depression. It has interactive games, forums, thought-tracking diaries and helpful techniques to manage your feelings.	Available on App Store and Google Play.
Youth Mental Health Canada	YMHC provides compassion and messages of support. You can subscribe for daily compassionate messages or you can sign up to get a compassion card.	Click here for compassion cards Click here for daily compassion messages

In-person & Live Online Services

Environmental Scan



IN-PERSON & LIVE ONLINE SERVICES

Peer support groups, volunteer provided services, healthcare professional services, and referral services.

Peer Support Groups

Name of Resource	Brief description of resource	How can you access the information?
Anxiety Disorders Association of Manitoba: Anxiety and Worry Support Program	A free seven week support program, provided online via Zoom with a telephone option. Uses evidenced based Cognitive Behavioural Therapy practices.	Click here for more information Or email: adam@adam.mb.ca Or call: 204-925-0600
Anxiety Disorders Association of Manitoba: Peer Support	These sessions focus on building practical tools helpful for the management of anxiety symptoms.	Click here for more information Or call: 204-925-0040
Central Hangout Peer Support Group	This is an open group available for anyone living in the Portage La Prairie, Altona, Carmen and surrounding area. Every Monday 6:30PM - 8:00PM	Click here for more information
Friendly Caller Program	Put phone line volunteers in touch with anyone who needs help. Callers and volunteers will be coordinated so that those who sign up receive a call once a week for a mental health check in and a friendly chat.	For more information, or to sign up, Call: 204-560-1461 or toll-free: 1-800-263-1460 Friendly Caller Red Cross Call: 1-204-583-6285 or 1-866-685-4250 or email: friendlycallingmb@redcross.ca
Kidney Connect: Online community	A place where people living with - and affected by - kidney disease can connect for information and support.	Click here for more information
Kidney Foundation of Canada	Request individualized peer support or access online and in-person support and engagement groups. Speak with trained volunteers who have similar life experiences about what to expect when coping and learning to live with a kidney disease diagnosis.	Click here for more information
Men's Peer Support Group	Online Support Network: Every Monday 12:00PM- 1:00PM	Click here for more information
Mixed Peer Support Group	Online Support Network: Every Monday 6:30PM- 7:30PM Every Saturday 1:30PM- 2:30PM	Click here for more information
Mood Disorders Association of Manitoba	Online support network.	Click here for more information Click here to register Call: 204 786-0987
Parkland Suicide Bereavement Support Group	Held once a month in Dauphin.	Call: 204 622-6224 or email: discoverlife4you@gmail.com
Peer Connections Manitoba	Access one on one or group peer support through drop-ins.	Click here to access

In-person & Live Online Services

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Peer Support and Services in the Westman	Online Support Network. Monday evenings from 6:30PM- 8:00PM	Text Marian at 204 721-2714 or email: westman@moodmb.ca or email: corib@moodmb.ca
Soul Sister	Build open, honest, heartfelt connections and conversations. Tuesdays and Wednesdays 7:00PM-8:00PM	Text Marian at 3204-721-2714 For more information or to register email: susans@moodmb.ca or westman@moodmb.ca
Suicide Bereavement Support Groups	Brandon and Area Suicide Bereavement Support Group.	Click here for more information Or call: 204-761-4083 Or email: brandonareaSBSG@gmail.com
Westman Men's Exchange	Discuss news about your community, your interests, and general connection and camaraderie. Thursday 1:30PM-3:00PM	Call: 204-721-2174 email: westman@moodmb.ca or brentr@moodmb.ca
Womens Programming	Provide education, assistance, coping techniques, and support for women struggling with mental health issues.	Call: 204-560-1461 Toll-Free: 1-800-263-1460
Women's Wellness	A value-based recovery and self care management group. Wednesdays 7:30PM-8:30PM	Email: corib@moodmb.ca

Services Provided by Trained Volunteers

Name of Resource	Brief description of resource	How can you access the information?
7 Cups	Free 24/7 listening and support chat.	Click here to register and for more information
Cambridge Bay	Access wellness services such as healing programs, women's support groups, suicide prevention, and agency referrals.	Click here for more information
Canadian Red Cross	Program matching adults with a trained listener for regular check-ins, emotional support, and suggestions for other well-being strategies and resources. Register by phone (available from 9am to 5pm weekdays) or online.	Call: 1 833 979-9779 Click here to register and for more information
Certified Listeners Society	Free emotional support chat service. Fill out your age, gender, urgency, and email address to request a chat. 12PM to 3AM EST.	Click here to register and for more information
Elders Support Phone Line	Get peer-to-peer support and counselling for unilingual (Inuktitut-speaking) Elders. Monday to Friday from 8:30AM to 12:00PM. Leave a message after hours.	Call: 1 866 684-5056 Click here for more information
Naseeha	A Muslim mental health helpline. Provides confidential, spiritual, and culturally competent support.	Call or text: 1 866 627-3342 Click here for more information

In-person & Live Online Services

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Nisa Helpline	Helpline for Muslim women. Provides emotional and mental health support. 10AM - 10PM EST. Also provides 3 free counseling services.	Call: 1 888 315-6472 Click here for more information
Fort Garry Women's Resource Centre	A resource centre for women. Provides free referrals, supportive counselling, workshops, and more.	Click here for more information
Hope Centre Health Care	Service provides holistic healthcare. This includes primary care, outreach, counselling, and more.	Call: 204 589-8354 Click here for more information

Services Provided by Healthcare Professionals

Name of resource	Brief description of resource	How can you access the information?
BounceBack	Services include a trained coach who can provide up to six sessions and access to self-help materials such as workbooks, activities, and videos.	Click here to register and for more information
Manitoba Psychological Society	Find a psychologist by using the filter to find a clinician of the Manitoba Psychological Society.	Click here for more information
Psychological Services Centre	Access free therapy and assessment services.	Click here for more information
Psychology Today	Enter city or postal code for list of therapists, online therapists, treatment centres, & supports groups in Manitoba.	Click here for more information
St. Boniface Hospital - Anxiety Consultation	Access a two-session group that teaches cognitive-behavior therapy approaches to dealing with anxiety, as well as self-help resources.	Click here for more information
Womens Health Clinic	A non-profit, feminist, community health clinic. Provides inclusive resources and services such as counselling.	Click here for more information

Referral Services

Name of resource	Brief description of resource	How can you access the information?
211	Information and referral service for social and community services. Support available in multiple languages. Available 24/7	Call: 211 Click here to for more information

Regional and Crisis Resources

Environmental Scan



Nationwide Resources

Telephone resources that can be accessed nationally

Name of resource	Brief description of resource	How can you access the information?
Government of Canada	A guide to province specific resources, and resources that are available nationally.	Click here to access
Hope for Wellness Helpline	National phone or online chat available 24/7 to all Indigenous Peoples across Canada. Available in English and French. Support in Cree, Ojibway, and Inuktitut available by request.	Call: 1 855 242-3310 Click here for online chat and for more information
talk suicide Canada	Bilingual crisis and suicide intervention services. Phone line available 24/7. Text line available from 4pm to midnight Eastern time (ET).	Call: 988 Text: 988 Click here for more information

Provincial Crisis Resources

Telephone resources for care across Manitoba

Name of resource	Brief description of resource	How can you access the information?
Farm & Rural Stress Line	Available 24/7	Call: 1-866-367-3276
Klinic Crisis Line	Available 24/7	Call: 204-786-8686 Toll Free: 1-888-322-3019 or text-based for hearing impaired (TTY): 204-784-4097
Manitoba Suicide Prevention & Support Line	Available 24/7	Toll-free 1-877-HELP170 (1-877-435-7170)
Sexual Assault Crisis Line	Available 24/7	Call: 204-786-8631 or toll-free: 1-888-292-7565
Winnipeg Regional Health Authority	Access a list of community supports available in your area.	Click here to access

Provincial Support and Distress Lines

Telephone resources for care across Manitoba

Name of resource	Brief description of resource	How can you access the information?
24-Hours Confidential Physician and Family Support Line:	Provides support and resources. Available 24/7	Call: 1-844-436-2762
Government of Manitoba	Access mental health support online	Click here to access
Support & Distress Line	Critical incident reporting and support line (Available 24/7)	Call: 204-788-8222 Toll Free: 1-866-367-3276

Interlake-Eastern Regional Health Authority Mental Health Resources

Regional and Crisis Resources

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Online and telephone resources for support and distress services

Name of resource	Brief description of resource	How can you access the information?
Community Mental Health Intake	Intake service.	Call: 204-785-7752 or 1-866-757-6205
Interlake-Eastern Regional Health Authority: Mental Health	Information on self care, Wellness Support Response Directory, guides, apps and E-books on mental health.	Click here for more information

Crisis Support Services

Name of resource	Brief description of resource	How can you access the information?
Crisis Line	24 Hour	Call: 204-482-5419 or 1-866-427-8628
Crisis Stabilization Unit	Distress service.	Call: 204-482-5361 or 1-888-482-5361
Mobile Crisis Services	2:00PM- 2:00AM	Call: 204-482-5376 or 1-877-499-8770

[Northern Health Region Mental Health Resources](#)

Online and telephone resources for support and distress services

Name of resource	Brief description of resource	How can you access the information?
Canadian Mental Health Association (Thompson)	Advocacy and Way-finding: Cares for the needs and concerns of people living with challenges to their well-being.	Click here for more information Or Call: 204-677-6050 Or E-mail: regional@cmhathompson.ca
Flin Flon Community Mental Health Intake	Weekdays 8:30AM-4:30PM	Call: 204-687-1350
Northern Health Region Public Education and Resources	Various Youtube videos on promoting mental wellness.	Mindfulness Movement Introduction Resiliency in Challenging Times Mental Wellness
Thompson Community Mental Health Intake	Monday to Friday 8:30AM-4:30PM	Call: 204-677-5350
The Pas Community Mental Health Intake	Monday to Friday 8:30AM-4:30PM	Call: 204-623-9650
The Pas Health Complex after hours	Weekends 4:30PM-8:30AM	Call: 204-623-6431

Crisis Support Services

Name of resource	Brief description of resource	How can you access the information?
Hope North Crisis Response	Monday to Friday 8:30AM-4:30PM	Call: 204-778-9977

[Prairie Mountain Mental Health Resources](#)

Online and telephone resources for support and distress services

Name of resource	Brief description of resource	How can you access the information?
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Regional and Crisis Resources

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Canadian Mental Health Association Manitoba Central (Portage)	Advocacy and Way-finding: cares for the needs and concerns of people living with challenges to their well-being.	Call: 204-239-6590
Mental Health Intake Dauphin	Intake service.	Call: 204-638-2118
Mental Health Intake Roblin	Intake service.	Call: 204-937-2151
Mental Health Intake Ste. Rose du Lac	Intake service.	Call: 204-447-4080
Mental Health Intake Swan River	Intake service.	Call: 204-734-6601
Prairie Mountain Health Mental Health Services Access Guide	Crisis and intake (access) services.	Click here for more information
South Adult Community Mental Health Intake	Monday to Friday 8:30AM - 4:30PM	Call: 1-855-222-6011

Crisis Support Services

Name of resource	Brief description of resource	How can you access the information?
Adult Crisis Line	Available 24/7	Call: 1-888-379-7699
Dauphin urgent adult crisis line (North District)	Distress service.	Call: 1-866-332-3030
South Crisis Stabilization Unit	Distress service.	Call: 1-855-222-6011 or 204-727-2555
South Mobile Crisis Services	Distress service.	Call: 204-725-4411

[Southern Health-Santé Sud Mental Health Resources](#)

Online and telephone resources for support and distress services

Name of resource	Brief description of resource	How can you access the information?
Canadian Mental Health Association Parkland (Swan River)	Advocacy and Way-finding: cares for the needs and concerns of people living with challenges to their well-being.	Call: 204-734-2734 or e-mail: reception@cmhaswanvalley.ca
Community Mental Health services	Provides counselling, education and referral services	Call: 1-888-310-4593
Southern Health: Find a Service Mental Health	Information on mental health access, mental health crisis, suicide prevention and frequently asked questions	Click here for more information
Suicide Prevention and Response Resource Handbook	Handbook gives information on risk factors and signs of suicide, coping and selfcare following a suicide, and local resources and contacts available.	Click here for more information
Wellness Support Line	A confidential number anyone can call to speak with a Mental Health Clinician. Monday-Friday 8AM-5PM	Steinbach: 204-346-7038 Portage la Prairie: 204-239-2332 Winkler: 204-325-6585

Regional and Crisis Resources

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Crisis Support Services

Name of resource	Brief description of resource	How can you access the information?
Crisis Services Number	Distress service	Call: 1-888-617-7715

[Winnipeg Regional Health Authority Mental Health Resources](#)

Online and telephone resources for support and distress services

Name of resource	Brief description of resource	How can you access the information?
Adult Community Mental Health Intake	Intake service.	Call: 204-788-8330
Canadian Mental Health Association Manitoba and Winnipeg	Advocacy and Way-finding: Cares for the needs and concerns of people living with challenges to their well-being.	Click here for more information or call: 204-982-6100
Community Mental Health Services	Information accessing community mental health services.	Click here for more information
Churchill Health Centre	Health centre resource.	Call: 204-675-8881
Churchill Hospital General Ward	Intake service.	Call: 204-675-8322
Geriatric Mental Health Team	Provides in home/community assessments and care for clients over the age of 65.	Click here for referral form or call: 204-982-0140
Klinik Community Health 167 Sherbrook St. Winnipeg, MB, R3C 2B7	Provides mental health services from medical care to counselling, support groups, and education. Drop-in counselling available	Drop-In Counselling Info Line: 204-784-4067 Call: 204-784-4090 or email: klinik@klinik.mb.ca Counselling Intake: 204-784-4059 or email: counsellingintake@klinik.mb.ca
Sara Riel-Seneca Respite	Community-based mental health support. Their phone line is available 24/7.	Call: 204-231-0217
Seneca Mental Health Warm Line	7PM-11PM daily	Click here for more information or call: 204-942-9276

Crisis Support Services

Name of resource	Brief description of resource	How can you access the information?
Adult Mobile Crisis Service	Available 24/7	Call: 204-940-1781 or TTY Deaf Access Line: 204-779-8902
Crisis Response Centre	Distress service.	Call: 204-940-1781
Crisis Stabilization Unit	Distress service.	Call: 204-940-3633

Special thanks to Alberta Kidney Section, Medicine SCNTM,

Regional and Crisis Resources

Environmental Scan



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Together, let's build a people-centred healthcare system for everyone.

Learn more at: healthyqol.com/kidney
and find additional resources.

Further thanks to those who provided feedback on earlier drafts of this document.

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