



Dakota Ojibway Child & Family Services

“TAKING CARE OF OUR OWN”

Mental Health Resource Guide

2025

Birdtail Sioux First Nation

RESOURCE	DESCRIPTION	CONTACT INFORMATION
Hamiota Health Centre	Closest Hospital	177 Birch Avenue East, Phone Number: 204-764-2412
Virden Hospital	Closest Hospital	480 King Street East, Phone Number: 204-748-1230 (59 kilometers)
Health Center	Staff consists of a Health Director and one nurse.	Phone Number:204-568-4545 Address: Building Number 4010 Birdtail Sioux First Nation
NNADAP	Worker can be reached by contacting the health centre	Phone Number:204-568-4545 Address: Building Number 4010 Birdtail Sioux First Nation
Jordan's Principle	They have resources available by contacting the JP office	Phone number: 204-568-4599
Brighter Futures Initiative (BFI)	Can be reached by contacting the health centre	Phone Number:204-568-4545 Address: Building Number 4010 Birdtail Sioux First Nation
Crisis Line	No crisis line on reserve, use Manitoba Crisis line	204-786-8686 or 1-888-322-3019
Telehealth Services	Appointments can be set up through the nurse, the health centre is equipped with telehealth equipment.	Phone Number:204-568-4545 Address: Building Number 4010 Birdtail Sioux First Nation
Community/Public Health Birtle	Child and adolescent mental health worker is available	843 Gertrude Street, Birtle. Phone number: 204-842-3399
Valley Art Therapy	Art therapy for children/youth	4-907 Main Street, Phone number: 204-842-3869
Addictions Specialist/Mental Health Therapist	Mental Health Therapists are available in the community Tuesday, Wednesday, and Thursday. Addictions specialist in the community one day per week and can be accessed through the health centre.	Phone Number:204-568-4545 Address: Building Number 4010 Birdtail Sioux First Nation
Birdtail Sioux School	One guidance counsellor at the school, two division area wellness workers also available during the school year.	204-568-4757
Brandon, MB Resource guide	https://www.brandon.ca/images/pdf/resources/2016_resource_guide_update.pdf	
Police Info	Manitoba First Nations Police MFNP	205-568-4621

Birdtail Sioux First Nation population is approximately 458 residents on reserve. The DOCFS office staff are trained in ASIST, Non-violent crisis intervention and Indigenous Mental Health First Aid. The closest hospital to the community is Hamiota Health Centre which is located 58 kilometres away. Additionally, Virden Hospital is also close and is located 59 kilometres away. The closest city to Birdtail is Brandon MB, 135 kilometers away.

Resources in the closest city-Brandon MB,

https://www.brandon.ca/images/pdf/resources/2016_resource_guide_update.pdf

Canupawakpa Dakota Nation

RESOURCE	DESCRIPTION	CONTACT INFORMATION
Hospital	Viriden Hospital	480 King Street East, Phone Number: 204-748-1230 59 kilometers
Jordan's Principle	Operates through health centre and also have their own building and phone number. Staffing consists of 3 case workers, one case manager, one land-based worker, one case driver, one case manager assistant	Building 4025 Central Avenue, Canupawakpa Dakota Nation, Phone Number: 204-854-2200
Health Centre	Staff consists of a Health Director, one mental health worker available Monday, Wednesdays and Fridays. one Psych Nurse and a Nurse Practitioner.	Building Number 3025, town site trail Canupawakpa Dakota Nation, Phone number: 204-854-2990
NAADAP	Operated through health centre	Building Number 3025, town site trail Canupawakpa Dakota Nation, Phone number: 204-854-2990
Brighter Futures Initiative (BFI)	Can be reached by contacting the health centre	Building Number 3025, town site trail Canupawakpa Dakota Nation, Phone number: 204-854-2990
Crisis Line	Manitoba crisis line	204-786-8686 or 1-888-322-3019
Manitoba Telehealth Services	The health centre is equipped with telehealth equipment. Appointments set up through the health director.	Building Number 3025, town site trail Canupawakpa Dakota Nation, Phone number: 204-854-2990
Brandon, MB Resource Guide	https://www.brandon.ca/images/pdf/resources/2016_resource_guide_update.pdf	
Police Info	Manitoba First Nations Police MFNP	205-854-2953

Canupawakpa First Nation is a community of about 300 on reserve. There are currently three staff members at the Canupawakpa DOCFS office and are trained in ASIST, Non-violent crisis intervention and Indigenous Mental Health First Aid. The closest hospital to Canupawakpa is Viriden but it is a small hospital and if further resources were need families would be referred to Brandon which is about a 50-minute drive. Jordan's Principle is new to the community and continue to be established. There are no groups for grief or addictions currently running in the community. The NADAP worker does one on one sessions and makes home visits. The mental health worker is male so if you required a female mental health worker you would be referred to Brandon, MB.

Resources in nearest city - Brandon MB,

https://www.brandon.ca/images/pdf/resources/2016_resource_guide_update.pdf

Dakota Plains First Nation

RESOURCE	DESCRIPTION	CONTACT INFORMATION
Portage General Hospital	Portage la Prairie	524 5 th Street SE, Phone Number: 204-239-2211
Health Centre	The community currently has two nurses and one community counsellor	Phone Number: 204-252-2830 Address: 45 Dakota Drive, Atco trailers
Jordan's Principle	Currently in the process of hiring a JP Coordinator. They have BDO reviewing the files for requests, and they approve.	Email gfleetwood@bdo.com 204-252-2830 Health Centre
NNADAP	Clients are currently being referred to RAM clinic in Portage la Prairie	Phone Number: 204-252-2830 Address: 45 Dakota Drive, Atco trailers
Crisis Line	Currently use the Manitoba crisis line.	204-786-8686 or 1-888-322-3019
Brighter Futures Initiative (BFI)	Combined with NNADAP and can be reached by contacting health center.	Phone Number: 204-252-2830 Address: 45 Dakota Drive, Atco trailers
Manitoba Telehealth Services	Manitoba Crisis Line	204-786-8686 or 1-888-322-3019
Canadian Prenatal Program	Can access through the community health centre for information or check out the community Facebook group for dates	Phone Number: 204-252-2830 Address: 45 Dakota Drive, Atco trailers
Resources in Portage	https://www.portageresourceguide.com/mental-health.html	
Police Info	Manitoba First Nations Police RCMP Portage la Prairie	MFNP: 204-814-0324 204-857-4445 9-1-1 204-857-8767

Dakota Plains First Nation is a community of 157 residents on reserve. DOCFS office staff are trained in ASIST, Non-violent crisis intervention and Indigenous Mental Health First Aid. The closest hospital is Portage District General Hospital which is located 35 kilometers away and around a 30-minute commute. There is a long wait time for the mental health resources in the community and families are often referred to resources in Portage. There is one community counsellor that attends the community once a month. Jordan's Principle is established in the community members can contact the Health Centre for further information.

Resources in nearest city? Portage la prairie, MB <https://www.portageresourceguide.com/mental-health.html>

Dakota Tipi First Nation

RESOURCES	DESCRIPTION	CONTACT INFORMATION
Hospital	Portage District General Hospital	524 5 th Street SE (3 kilometers away), Phone Number: 204-239-2211
Jordan's Principle	Currently there is an Acting Director	204-857-9715
Health Centre	Health director 3 mental health workers 6 nurses (one available daily)	204-857-9715, Address: 1090 Dakota Drive
Manitoba TeleHealth Services	Appointments can be set up through nurse. The health centre is equipped with telehealth equipment.	204-857-9715, Address: 1090 Dakota Drive
NNADAP	A worker is available for referrals and can be reached by contacting the health centre.	204-857-9715, Address: 1090 Dakota Drive
Crisis Line	Manitoba Crisis line	204-786-8686 or 1-888-322-3019
Brighter Futures Initiative (BFI)	A worker is available and can be reached by contacting the health centre	204-857-9715, Address: 1090 Dakota Drive
Resource guide for Portage	https://www.portageresourceguide.com/mental-health.html	
Police Info	RCMP Portage la Prairie	9-1-1 204-857-4445 204-857-8767

Dakota Tipi First Nation has a population of approximately 183 residents on reserve. DOCFS office staff are trained in ASIST, Non-violent crisis intervention and Indigenous Mental Health First Aid. The closest hospital is Portage District General Hospital, which is three kilometres away. Wait times vary for the programs in the community. In the case of a mental health crisis reach out to the health center who would call in one of the mental health workers. The mental health worker takes time to work with the young women and does group counselling, and group therapy with the youth of the community. The mental health worker can be contacted through the health center for more information.

Resources available in the nearest city-Portage la Prairie, MB
<https://www.portageresourceguide.com/mental-health.html>

Roseau River Anishinaabe First Nation

RESOURCE	DESCRIPTION	CONTACT INFORMATION
Ginew Wellness Centre	The Ginew Wellness Centre has 6 mental health workers/community counsellors, 2 work with youth. There are 4 nurses, one for community health, one for primary care, and 2 for home care.	Phone Number: 431-800-1275 Address: Lot 13 Roseau River First Nation
Manitoba Telehealth	Appointments can be made through telehealth system by specialist.	Phone Number: 431-800-1275 Address: Lot 13 Roseau River First Nation
NNADAP	Currently, there are 3 NNADAP workers and they can be reached through the health centre.	Phone Number: 431-800-1275 Address: Lot 13 Roseau River First Nation
Jordan's Principle	Can be reached by contacting the health centre	Phone Number: 431-800-1275 Address: Lot 13 Roseau River First Nation
Brighter Futures Initiative (BFI)	Can be reached by contacting the health centre	Phone Number: 431-800-1275 Address: Lot 13 Roseau River First Nation
Hospitals	<p>Altona Memorial Health Center</p> <p>Morris General Hospital</p> <p>Boundary Trails Health Center</p>	<p>Altona Memorial Health Center Phone Number: 204-324-6411 Address: 240 5th Avenue NE, Altona</p> <p>Morris General Hospital Phone Number: 204-746-2301 Address: 215 Railroad Avenue, Morris</p> <p>Boundary Trails Health Center Address: Hwy 3 & Manitoba 14, Winkler Phone Number: (204) 331-8800</p>
Crisis Line	Manitoba Crisis Line	204-786-8686 or 1-888-322-3019
Youth Warrior Group	Group for youth, can be contacted through wellness center	Phone Number: 431-800-1275 Address: Lot 13 Roseau River First Nation
Resource Guide Winnipeg	https://mbwpg.cmha.ca/resources/mental-health-resource-guide-for-winnipeg/ff	
Police Info	Manitoba First Nations Police MFNP	204-427-3034

Roseau River First Nation has a population of approximately 2000 people on reserve. The closest hospitals are Altona Memorial Health Centre which is 26 kms away and Morris Hospital which is 56 kms. The closest city to Roseau River is Winnipeg 92 kilometers, mental health resources can be accessible. When dealing with a mental health crisis contact the wellness center and they will collaborate with Boundary Trails Hospital in Winkler or Steinbach. It is best to call in advance to set up appointments through the health center as it could take up to two weeks to get in (Monday to Friday except Stat holidays). Group and/or individual counselling sessions are available. Mental health workers also make home visits. The health center is currently working on developing a land-based healing program, that will soon be implemented. DOCFS office staff are trained in ASIST, Non-violent crisis intervention and Indigenous Mental Health First Aid

Resource guide for Winnipeg MB: <https://mbwpg.cmha.ca/resources/mental-health-resource-guide-for-winnipeg/>

Swan Lake First Nation

RESOURCE	DESCRIPTION	CONTACT INFORMATION
Hospital	<p>Rock Lake (Crystal City)</p> <p>Notre Dame de Lourdes</p> <p>Treherne</p> <p>Boundary Trails (Winkler)</p> <p>Local hospitals are open for emergencies on a rotating basis.</p>	<p>Rock Lake (Crystal City) 135 Machray Ave, E Crystal City, MB 204-873-2132</p> <p>Notre Dame de Lourdes 44 Rue Rogers Notre Dame de Loudres 204-248-2112</p> <p>Treherne 64 Clark Street Treherne, Mb 204-723-2133</p> <p>Boundary Trails (Winkler) Hwy 3 and MB 14 Winkler Mb 204-331-8800</p>
Health Centre	<p>There is a Health Director, 2 Community counsellor/mental health worker available twice every other week. 1 home care nurse, 1 community health nurse</p>	<p>1-204-836-2424, Address: Building 200 Highway 23 & 34 Northwest 13-15-11 West.</p>
Jordan's Principle	<p>Work as part of the health centre</p>	<p>Building 200 Highway 23 & 34 Northwest 13-15-11 West), 1-204-526-4263</p>
Brighter Futures Initiative (BFI)	<p>through health center works with NNADAP, does community wellness, activities for the community members</p>	<p>1-204-836-2424, Address: Building 200 Highway 23 & 34 Northwest 13-15-11 West. Work Cell: 204-526-4239</p>
NNADAP	<p>Available through the health centre staff.</p>	<p>1-204-836-2424, Address: Building 200 Highway 23 & 34 Northwest 13-15-11 West.</p>
Crisis Line	<p>Manitoba Crisis Line</p>	<p>204-786-8686 or 1-888-322-3019</p>
TeleHealth Services	<p>Available through the health centre.</p>	<p>1-204-836-2424, Address: Building 200 Highway 23 & 34 Northwest 13-15-11 West.</p>
Building Healthy Communities	<p>Available through the health centre.</p>	<p>Work Cell: 204-526-4239. 1-204-836-2424, Address: Building 200 Highway 23 & 34 Northwest 13-15-11 West.</p>

Cultural Support Worker	Cultural related programming, such as Men's group, medicine picking. Can be reached by contacting the health center.	Work cell: 204-245-1192 1-204-836-2424, Address: Building 200 Highway 23 & 34 Northwest 13-15-11 West.
Resources in Nearest City	https://www.portageresourceguide.com/mental-health.html	
Police Info	Manitoba First Nations Police MFNP	205-836-2630

Swan Lake First Nation population is approximately 385 on reserve. DOCFS office staff are trained in ASIST, Non-violent crisis intervention and Indigenous Mental Health First Aid. The closest hospital is Lorne Memorial Hospital which is a ten-minute drive from the reserve. The wait times for services vary so appointments should be booked in advance. The closest city to Swan Lake is Portage la Prairie and it is 103 kilometers away. There are various programs available through the health centre.

Resources in the nearest city - Portage <https://www.portageresourceguide.com/mental-health.html>

Help Lines for this area:

Kids Help Phone: 1-800-668-6868 or Crisis Text Line: 686868

Suicide Prevention Lifeline: 1-800-273-8255

CRISIS LINES:

Manitoba Suicide Prevention & Support Line (24/7) Toll Free: 1-877-431-7170

Reasontolive.ca

Klinic Crisis Line (24/7) Phone: (204) 786-8686 Toll free: 1-888-322-3019

Sexual Assault Crisis Line (24/7) Phone: (204)786-8631 Toll Free: 1-888-292-7565

Manitoba Farm, Rural & Northern Support Services (24/7) Toll Free: 1-866-367-3276

Supportline.ca

RCMP

Portage la Prairie 204-857-4445/204-857-8767 or 9-1-1 emergency number.

Brandon Police Services 204-729-2345

CFS On/off reserve after hours and weekends Designated Intake Agencies

Dakota Ojibway CFS	After Hours 1-800-263-6237
CFS Western (Brandon)	204-726-6030
ANCR (Winnipeg)	204-944-4050 Toll free 1-866-345-9241
CFS Central MB (Portage)	1-888-339-3576 or 204-857-8751

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August 2023

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