

Youth Supports Available During COVID-19

Youth Crisis Support Services (YCSS)-Crisis Line 24/7 (21 and younger)

The Crisis line has increased services over the phone, available to those who are 21 years old and younger. Mobile Crisis Teams-offering essential services following screening, and extensive telephone support.

Call: **204-949-4777**

- **Drop-in phone counselling** (available from the Brief Treatment Therapy Team)
Call: **204-949-4777**-parents and youth seeking counselling support over the phone.
Our intake workers will gather additional information, and the information will be transferred to the therapist who will contact you within two business days.

Nor'West Co-op Community Health

- **Youth Hub**
 - Offering telephone counselling (ages 14-24)
 - Call: **204-221-9800** to make an appointment
- **Youth QuarantEEN Support Line**
 - Available between 3 pm-8:30 pm
 - Call: **204-792-2277**

Other resources through Nor'West outlined on their website:

- <https://norwestcoop.ca/about-us/in-the-news/norwest-community-health-suspended-services/>

Klinik Drop-in phone counselling-Free (13+)

Line opens at 9 am and you will receive a same day appointment (first come first served). Have your Manitoba Health number available.

Call: **204-784-4090**

W: <http://klinik.mb.ca/in-person-counselling/klinik-drop-in-counselling/>

Rainbow Resource Centre

Free over the phone counselling, same week appointments are made starting Monday morning, 10 am, further sessions are discussed with the counselor during initial session.

Call: **204-474-0212 ext. 201**

W: <https://rainbowresourcecentre.org/news/2020/update-from-rainbow-resource-centre>

Manitoba Adolescent Treatment Centre (MATC)

Offering services (counselling, assessments) via video conferencing. Often waitlists exist for these services.

Call: **204-958-9660**

Women's Health Clinic—free phone counselling

Offering counselling services for individuals who identify as female over the phone (13+)

- Call their intake line:
204-947-2422 ext. 204
- Their general line:
204-947-1517

They have other health services available—no drop-in

- <http://womenshealthclinic.org/covid19/>

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Aulneau Wellness Check-in (Free) (16+)

Assist with coping with recent isolation, and stress during the COVID pandemic—additional check-ins can be discussed with the counselor.

Call: **204-987-7090** or complete your form at www.aulneau.com

Manitoba Government—AbilitiCBT-short-term Cognitive Behavioural Therapy—online (16+)

Online Digital Therapy Program offered by Morneau Shepell to assist with low-to-mid-symptoms of anxiety due to the pandemic. (*Note-Mobile App on a smartphone or tablet are used in this service*)

Individuals can expect to hear from the service within 5 business days to explain next steps.

Fill out the form using the link below:

- <https://manitoba.abiliticbt.com/home>
- <https://www.gov.mb.ca/covid19/bewell/virtualtherapy.html>

Youville—free phone counselling (13+)

Counselling, Dietician consulting, sexual health information, for all ages (Youth, Teen, and Adults)

Call: **204-255-4840**

- www.youville.ca

Inspire Community Outreach

Free Online Art support group:

Tuesdays 3pm-4pm-during isolation (Youth under the age of 18)

Online art group to help youth cope with isolation. Spaces may be limited. Register online with the link below.

- <https://inspirecommunityoutreach.ca/event/online-art-group-for-youth-3/>

App: Calm

Free app outlines various coping strategies, and sleeping sounds