



*serving all dystonia-affected persons
d'esservant toutes personnes atteintes de dystonie*

MANITOBA

Klinic Crisis Line: 1 (888) 322-3019

Canadian Mental Health Association Manitoba and Winnipeg

Website: <https://mbwpg.cmha.ca/>

E-mail: office@cmhawpg.mb.ca

Phone: (204) 982-6100

Address: 930 Portage Ave.

Winnipeg, MB R3G 0P8

Mental Health Education Resource Centre of Manitoba

Website: <http://www.mherc.mb.ca/>

E-mail: info@mherc.mb.ca

Phone: 9204) 942-6568

Address: 100-4 Fort St.

Winnipeg, MB R3C 1C4

Mood Disorders Association of Manitoba

Website: <http://www.mooddordersmanitoba.ca/>

E-mail: info@mooddordersmanitoba.ca

Phone: (204) 786-0987

Address: 100-4 Fort St.

Winnipeg, MB R3C 1C4

Prairie Mountain Health

Website: <https://www.prairiemountainhealth.ca/access-for-adults>

Phone: 1 (866) 332-3030 or 1 (888) 379-7699 depending on location

211 Manitoba

Website: <http://mb.211.ca/>

E-mail: 211@volunteermanitoba.ca

Phone: 2-1-1

Brandon

Canadian Mental Health Association Westman Region

E-mail: cmha.westman@gmail.com

Phone: (204) 727-5425

Address: 23 12th St.

Brandon, MB R7A 4L6

Dauphin

Canadian Mental Health Association Parkland & Norman Region

E-mail: supportcentre@cmhaswanvalley.ca

Phone: (204) 623-1028

Address: 103 3rd St. W

The Pas, MB R9A 1S4

Portage la Prairie

Southern Health - Santé Sud Crisis Line: 1 (866) 588-1697

Canadian Mental Health Association Central Region

Website: <https://central.cmha.ca/>

E-mail: info@cmhacentral.ca

Phone: (204) 239-6590

Address: 236 Saskatchewan Ave. E

Portage la Prairie, MB R1N 0K9

Southern Health Mental Health

Website: <https://www.southernhealth.ca/finding-care/find-a-service/mental-health/>

Phon: 1 (888) 310-4593

Mental Health Resource Guide

Provided by Portage la Prairie Community Revitalization Corporation

<https://www.portageresourceguide.com/mental-health.html>

Thompson

Canadian Mental Health Association Burntwood Region

Website: <https://thompson.cmha.ca/>

E-mail: regional@cmhathompson.ca

Phone: (204) 667-6050

Address: 43 Fox Bay

Thompson, MB R8N 1E9

Winnipeg

Mobile Crisis Service: (204) 940-1781

Canadian Mental Health Association Manitoba and Winnipeg

Website: <https://mbwpg.cmha.ca/>

E-mail: office@cmhawpg.mb.ca

Phone: (204) 982-6100

Address: 930 Portage Ave.

Winnipeg, MB R3G 0P8

Winnipeg Regional Health Authority Adult Mental Health

Website: <http://www.wrha.mb.ca/prog/mentalhealth/index.php>

Phone: (204) 788-8330

Address: 650 Main St., 4th Floor

Winnipeg, MB R3B 1E2

Klinik Community Health

Website: <http://klinik.mb.ca/>

E-mail: klinik@klinik.mb.ca

Phone: (204) 784-4090

Address: 870 Portage Ave.

Winnipeg, MB R3G 0P1

NATIONAL RESOURCES

Canadian Mental Health Association

Website: <https://www.cmha.ca>

E-mail: info@cmha.ca

Address: Canadian Mental Health Association, National

500-250 Dundas Street West

Toronto, ON M5T 2Z5

National Network for Mental Health

Website: <http://www.nnmh.ca>

eMentalHealth.ca

Website: <http://www.ementalhealth.ca>

Address: Children's Hospital of Eastern Ontario

Suite 200, 311 McArthur Ave.

Ottawa, ON K1L 8M3

ONLINE RESOURCES

Online Therapy Unit

Website: <https://www.onlinetherapyuser.ca>

E-mail: online.therapy.user@uregina.ca

Phone: 1 (306) 337-3331

Address: 3737 Wascana Parkway

Regina, SK S4S 0A2

Therapy Assisted Online

Website: <https://www.taoconnect.org>

E-mail: HowCanIHelpYou@taoconnect.org

Phone: 1 (844) 438-8262

Address: St.Petersburg Office

600 1st Ave N

Suit 305

St. Petersburg, FL 33701

Big White Wall

Website: <https://www.bigwhitewall.ca>