



Canadian Mental
Health Association
Manitoba and Winnipeg
Mental health for all

Association canadienne
pour la santé mentale
Manitoba et Winnipeg
La santé mentale pour tous



years of
community
ans dans la
communauté

Navigating Services During Social Isolation

Navigating services during a time of social distancing may feel both overwhelming and challenging at times. It is important that your needs are still being met, despite the changes happening around you. Here is some up to date information regarding emergency services that may help in guiding you through this transition.

Counselling & Crisis Support

Many counselling offices may offer their services remotely online through e-services or by telephone. If you are currently receiving counselling services, connect with your counsellor to discuss which options might be available.

There are a number of crisis lines and other supports available. If you are experiencing challenges with anxiety, domestic abuse, or sexual assault please call one of the numbers below.

- **Anxiety Disorders of Manitoba**
 - (204) 925-0040 (9 a.m. - 9 p.m., Monday through Friday, 10 am - 4 pm on weekends)
- **Province-Wide Domestic Abuse Crisis Line (24/7)**
 - Toll Free: 1 (877) 977-0007 (Press 1 for Willow Place, Press 2 for Ikwe Widdjiitiwin)
- **Klinic Crisis Line (24/7)**
 - (204) 786-8686, Toll Free: 1 (888) 322-3019
- **Sexual Assault Crisis Line (24/7)**
 - (204) 786-8631, Toll Free: 1 (888) 292-7565
- **Sarah Riel Inc. Seneca Services (Peer Support, 24/7)**
 - (204) 942-9276 or (204) 231-0217
- **Thrive (24/7 Counselling Therapy Services)**
 - Text (204) 809-4011

Food Banks

- **Bear Clan**
 - 584 Selkirk Avenue, food hamper pick up Tuesday – Sunday at 1:30pm



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- **Winnipeg Harvest**
 - Call (204) 982-3663 or email [appointments@winniegharvest.org](mailto:appointments@winnipeg Harvest.org) to schedule pick-up
 - Hours to call - Monday-Friday 9:15am-3:15pm, Saturday 9:15am-12:15pm
- **St. Matthews Maryland Ministry**
 - Emergency Food Cupboard, Tuesdays and Thursdays between 1:30pm-2:30pm, (Must be registered with Winnipeg Harvest)
- **West Broadway Community Ministry**
 - 222 Furby Street (Entrance on Broadway), Emergency food packs available at 1:00pm daily

Shelters

- **Main Street Project**
 - Emergency shelter located at 75 Martha Street, access by dropping in
- **Siloam Mission**
 - Emergency shelter located at 300 Princess Street, access by dropping in
- **Salvation Army**
 - 180 Henry Avenue, Call 204-946-9400 to inquire about available rooms
- **Centre Cultural Franco-Manitoban (CCFM)**
 - 340 Provencher Blvd, open as of Monday, March 23rd, 2020
- **Tina's Safe Haven (Youth Only)**
 - 472 Selkirk Avenue, Open at 3:30pm daily, (204) 417-7233

Employment Income Assistance (EIA)

In order to follow public health recommendations on social distancing, Employment and Income Assistance (EIA) is taking steps to reduce the need for in-person office visits. If you need to apply for EIA benefits, you may start your application process using the EIA Online Application Portal at www.gov.mb.ca/fs/eia.

You will be contacted by an EIA staff at a telephone number that you give us to talk about your application and see if you are financially eligible for income assistance.

Phone lines are open Monday to Friday from 7 a.m. to 7 p.m. at (204) 948-2888 (inside Winnipeg) or 1 (855) 944-8111 (toll-free, outside Winnipeg).

If clients need to provide documents such as pay stubs or rent forms, they can send them to eia@gov.mb.ca. Clients should include their name, EIA case number and EIA office location when they send an email to help ensure a quick response. Clients may take photos of their



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documents with their phone and send them by email if they do not have access to a computer.

The services listed above are available to all. If you are seeking youth-specific services and supports (up to 29 years of age), please contact Youth Service Navigator **Stephanie Johnson (204) 479-1449** or Indigenous Youth Service Navigator **Kristyn Hancock (204) 801-8428** with the CMHA Futures Forward service, and they would be happy to help you.

CMHA Manitoba and Winnipeg Service Navigation Hub (<https://mbwpg.cmha.ca/cmha-service-navigation-hub/>)

- Support, information, and guidance on navigating and accessing mental health supports and services. Call direct at 204-775-6442 or email: <mailto:hub@cmhawpg.mb.ca>

Please note that with each new day, new information is being released and changes are constantly being made to better protect and serve the population. For the most up to date information on COVID-19 in Manitoba, please refer to www.gov.mb.ca/covid19



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