

Media Release

For immediate release

Sara Riel Inc. – Mental Health and Addiction Supports for Manitobans

IT'S BUSINESS AS UNUSUAL!

Winnipeg, MB - March 20, 2020

As Winnipeggers, we are used to long dark winters, and many of us can't wait for the first rays of sunshine and those first traces of Spring to emerge.

But this year, we are being asked to hunker down and follow social distancing guidelines and participate in self-quarantine practices.

It's all very isolating and can be particularly concerning to those who are alone, or who already struggle with isolation or feelings of anxiousness.

For years now, Seneca Services, Sara Riel Inc.'s Peer Support Program, has offered the "Seneca Warm Line", a phone line for persons struggling with mental health and addictions issues. The Peer Support staff, who all have declared a personal lived experience of mental health, are there to call so that people can talk, be acknowledged and heard, and learn about self-care tools and resources that might be helpful.

Typically, The Seneca Warm Line is answered only between the hours of 7:00 pm and 11:00 pm, 365 days a year, but during this period of suggested self-quarantine, we are operating our Warm Line 24 hours. We are also adding our Seneca Services Intake Line to be a 'second' Warm Line for people to call, so that we can provide peer-supported comfort and compassion to as many people as we can during these uncertain times.

We welcome calls from anyone – not only people experiencing mental health and addiction challenges, but also those experiencing uncommon feelings of anxiety, depression, loneliness or fear, as a result of the current situation we all face.

To reach us whenever the need occurs – 24 hrs/day please call 204-947-9276 or 204-231-0217.

It is important to note that Seneca Warm line is not a crisis line. For those people experiencing a crisis, please go to the Crisis Response Centre or your nearest Hospital Emergency Department, or call the Klinik Crisis Line, the Mobile Crisis Team or Winnipeg Emergency Services at 9-1-1.

In addition to our vibrant Peer Support program, Sara Riel Inc., offers services in Mental Health and addictions Counselling, Employment Services, Community Mentorship and Portable Housing Benefit.

Currently, we are supporting a growing number of individuals in the community. And, in these past few days we have worked diligently with our participants and agencies to ensure that everyone has access to phones, so that we can continue to provide our services through phone or video conference software.

As more and more doors continue to close in the community, at Sara Riel Inc. our compassionate hearts remain wide open.

For more information visit www.sararielinc.com

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Sara Riel provides community supports and employment to people with mental health challenges and addiction.