

WHO DO I CALL?

Youth

Mental Health/Addiction Supports

Black Youth Helpline	1-833-BYH-8650
Child & Adolescent Eating Disorder Program (HSC) ..	204-958-9660
First Nations & Inuit Hope for Wellness Helpline....	1-855-242-3310
Kids Help Phone (24/7)	1-800-668-6868
	or text 'CONNECT' to 686868
MB Addictions Helpline - Youth Addictions Service ...	1-877-710-3999
MB Addictions Helpline	1-855-662-6605
MB Adolescent Treatment Center (MATC)	204-958-9660
National Eating Disorder Information Center ...	1-866-NEDIC-20
Manitoba Suicide Crisis Line	1-877-435-7170
Teen Talk (non-crisis)	204-784-4010
Voices: Manitoba's Youth in Care Network	204-982-4956
	1-866-982-4956
The Link - Youth Mobile Crisis Service	204-949-4777
	or 1-888-383-2776

Safe Spaces/Shelters

Huddle (Ages 12-29)

Broadway 533 Broadway Ave	204-228-6387 ext 533
Ka Ni Kanichihk 102-765 Main St	204-594-6500
NorWest 945 Notre Dame Ave	204-221-9800 ext 945
South Central 2-17 St. Mary's Rd	204-255-6497

The Link - Emergency Shelter/Youth Resource Centre (age 12-17)	
.....	1-888-477-1804
	159 Mayfair Ave
Ndinawe/Tina's Safe Haven (age 24 & under)	204-417-7233
	472 Selkirk Ave

Resource Assistance for Youth (age 29 & under) ...	204-783-5617
	125 Sherbrook St
Rossbrook House (age 6-24)	204-949-4090
After 4pm & weekends	204-949-4094
	658 Ross Ave
West End 24 (WE24) (age 13-26)	204-333-9681
11pm-7am, Everyday, Dec-March	430 Langside St
Fri/Sat & all school holidays the rest of the year)	

Sexuality/Sexual Health

Nine Circles Community Health Centre	204-940-6000
Sexuality Education Resource Centre (SERC)	204-982-7800
Rainbow Resource Centre (LGBT2SQ+)	204-474-0212
Women's Health Clinic	204-947-1517

Victim Supports

MB Advocate for Children & Youth	204-988-7440
.....	1-800-263-7146
Child and Family Services Manitoba	204-945-6964
Child Protection Centre	204-787-2811
Child Victim Supports Services	204-945-0662
Cybertip.ca	1-866-658-9022
Klinik - Sexual Assault Crisis Counselling	204-786-8631
New Directions - TERF	204-786-7051 ext. 5311
(for sexually exploited youth)	
Winnipeg Crime Stoppers	204-986-8477 (TIPS)

211 Manitoba **211**
free, confidential 24/7 (non-crisis) community/social resource info line.
mb.211.ca

If you are in immediate danger, please call 9-1-1.
Police Non-Emergency 204-986-6222 | TTY: 204-942-7920

 @WpgSafety

winnipegsafety.ca



*Disclaimer: These resources are provided for information purposes only.
The WCFS does not necessarily endorse the resources listed.*