

# Crisis and Support Lines

## Life-threatening Emergency 9-1-1

**Suicide Crisis Helpline\***  
9-8-8 Talk & txt available 24/7  
**Klinic Crisis Line**  
204-786-8686 or  
1-888-322-3019 Available 24/7

**Manitoba Suicide  
Prevention & Support Line**  
1-877-435-7170  
Available 24/7

**Manitoba Province-Wide  
Domestic Abuse Crisis Line**  
1-877-977-0007  
Available 24/7

**Text (only)**  
204-792-5302 or 204-805-6682

**Crisis Response Centre**  
204-940-1781  
Centre: 817 Bannatyne Ave  
Available 24/7

**Kids Help Phone\***  
For children and teens  
1-800-668-6868  
Text: **CONNECT to 686868**  
Available 24/7

**Youth Crisis Line /  
Youth Mobile Crisis Teams**  
For youth and their families  
204-949-4777 or 1-888-383-2776  
Available 24/7

**211 Manitoba  
Dial 2-1-1  
or visit mb.211.ca**  
Available 24/7  
Get help connecting with  
community resources and services  
anywhere in Manitoba.

## Canadian Human Trafficking Hotline\*

1-833-900-1010  
Available 24/7. Over 200 languages  
For live chat visit:  
[canadianhumantraffickinghotline.ca](http://canadianhumantraffickinghotline.ca)  
**Deaf Access Counselling**  
TTY 204-784-4097  
Available 24/7

## Eating Disorders Help Line\*

1-866-633-4220  
Available Monday - Thursday:  
9 a.m.-9 p.m.; Friday: 9 a.m.-5 p.m.;  
Saturday-Sunday: 12-5 p.m.  
(Eastern Standard Time)  
For live chat visit: [nedic.ca](http://nedic.ca)  
Email: [NEDIC@uhn.ca](mailto:NEDIC@uhn.ca)

## Gambling Helpline

1-800-463-1554  
Available 24/7

## Hope for Wellness Help Line\* for Indigenous Peoples

1-855-242-3310  
Available 24/7

Cree, Ojibway, Inuktitut, English,  
French (Indigenous languages not  
available 24/7)

For live chat visit:  
[hopeforwellness.ca](http://hopeforwellness.ca)

## Klinic's Human Trafficking Hotline "The Line"

1-844-333-2211  
Call and text available 24/7

## Manitoba Addictions Help Line

1-855-662-6605  
Available Monday - Friday:  
8:30 a.m.-4:30 p.m.

## Manitoba Farm, Rural & Northern Support Services

1-866-367-3276  
Available 24/7

## Seneca Services Warm Line

204-942-9276  
toll free: 1-833-718-4678  
Available 24/7  
Peer-operated, pre-crisis support  
**Seniors Abuse Support Line**

1-888-896-7183  
Available 9 a.m.-5 p.m.

## Sexual Assault Crisis Line

204-786-8631 or 1-888-292-7565  
Available 24/7

## Trans Lifeline\*

1-877-330-6366  
Available 24/7  
All operators are transgender

## Worker's Compensation Board Distress Line

204-786-8175 or 1-800-719-3809  
Services available 24/7

## Missing and Murdered Indigenous Girls and 2SLGBTQIA+

### National Crisis Line

1-844-413-6649

Available 24/7

For those affected by Missing and  
Murdered Indigenous Girls and  
2SLGBTQIA+ people and in need  
of immediate emotional assistance.

Cree, Ojibway, Inuktitut, English,  
French  
**After care supports,  
Indigenous Services Canada**

### Manitoba Line: 1-866-818-3505

For survivors, family members,  
and those affected by the issue of  
MMIWG & 2SLGBTQIA+.

Mental health counseling and  
community-based cultural support  
services. English only.

## Residential School Survivors

### National Indian Residential School Crisis Line

1-866-925-4419

Available 24/7

For former Indian Residential  
School students and their families.

## About This Handout

This handout is produced by  
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Contact organizations directly to  
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Listings with an \* are national lines.  
All times are local (Central time).

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