

Community Mental Health Program

Access and Crisis Guide



Together leading the way
for a healthier tomorrow.



www.southernhealth.ca
www.edenhealthcare.ca

“One in 5 Canadians (6 million)
will have a mental illness in their lifetime.”

Health Canada

What is **Mental Health**?

- ▣ feeling good about yourself
- ▣ being able to cope with daily life
- ▣ having healthy relationships with others
- ▣ enjoying life
- ▣ taking responsibility for your feelings and actions
- ▣ being able to “bounce back” or recover from difficult situations

What is **Mental Illness**?

- ▣ a disorder of the brain which can affect a person's ability to think, relate to others and cope with life's demands
- ▣ has many possible causes, some of which are not well understood
- ▣ can occur at any age

Positive mental health - feeling well, functioning well, and being resilient in the face of life's challenges - improves quality of life and is an important part of overall health and well-being, even when there are ongoing limitations caused by mental health problems and illnesses.

Community Mental Health Services

Assessment, counselling, education and referral services are available to adults, children, seniors and teens when mental health is a concern ... affecting home, school, work or social life. Psychiatry and psychology consultations are available in the region when necessary, following an assessment.

Services are provided in various communities across the region. Specialists services may only be available in certain locations.

Are you dealing with a mental health concern?

**Contact an
ACCESS worker:**

888-310-4593

If you would like to speak with someone immediately, refer to the Crisis Services ►

Community Mental Health **CRISIS SERVICES**

Our professional service provides a broad range of confidential and voluntary crisis intervention.

A crisis may lead to feelings of: **anger**

fear **depression** **loss of control**
uncertainty **thoughts of suicide**

We will assist you to resolve the current crisis, and explore the possibilities of new coping mechanisms for the future.

Community Mental Health **CRISIS SERVICES**

888-617-7715

T 204-326-9276 (**Steinbach**)

T 204-857-6369 (**Portage la Prairie**)

T 204-325-9700 (**Winkler**)

*or attend your local emergency
department for immediate assistance*



PROVINCIAL CRISIS RESOURCES

Manitoba Suicide Line

877-435-7170

Sexual Assault Crisis Line

888-292-7565

Klinic Crisis Line

888-322-3019

**Manitoba Farm, Rural
and Northern Support
Services**

**866-367-3276 or
www.supportline.ca**



Kids Help Phone

800-668-6868

**or text CONNECT to
686868**

***This publication is available in alternate
format upon request.***

www.southernhealth.ca
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