

## Help Lines:

### **Klinic Crisis Line**

24 hour crisis intervention/suicide prevention

1-888-322-3019

### **Domestic Violence Crisis & Information Line**

1-877-977-0007

### **Klinic Sexual Assault Crisis Line**

1-888-292-7565

### **AIDS/STD Info Line**

945-2437

### **Facts of Life Line**

1-800-432-1957 or 947-9222

### **Gay & Lesbian Info Line**

1-888-399-0005

### **Health Links**

1-888-315-9257 or 788-8200

### **Winnipeg Regional Health Authority Crisis Line**

946-9109

### **Farm and Rural Stress Line**

1-866-367-3276

### **Gambling Help Line**

1-800-463-1554 or 944-6382

## Key Resources:

**[www.suicideinfo.ca](http://www.suicideinfo.ca)**

**[www.metanoia.org/suicide](http://www.metanoia.org/suicide)**

Menno Simons College is invested in the holistic well-being of our students.

We encourage you to explore the resources outlined within.

Can't find the resource you are looking for?

Contact the Menno Simons College Student Services Coordinator by confidential email or by phone for assistance in finding an organization or program to meet your needs. You can be assured that all conversations will be kept confidential (except where disclosure is required by law), and that you will be treated with dignity, respect, and compassion.

**MSC Student Services**

**Menno Simons College**

**953-3846**

**[mscconfidential@uwinnipeg.ca](mailto:mscconfidential@uwinnipeg.ca)**



## Resource Guide:

## Personal Crisis and Local Support Organizations



# University of Winnipeg Resources:

## Aboriginal Student Services Centre

Advocacy, personal advising & counselling  
2L01D 786-9905

<http://www.uwinnipeg.ca/index/services-aboriginal>

## Aurora Family Therapy Centre

Therapy on a sliding fee scale  
2nd Floor Sparling Hall 786-9251  
<http://aurora.uwinnipeg.ca>

## Counselling Services

Free counselling for U of W Students  
OGM 06 786-9231  
<http://ccs.uwinnipeg.ca>

## Global Welcome Centre

Settlement & Mentoring for Newcomers  
511 Ellice Ave 1E04 258-2946  
[www.uwinnipeg.ca/index/gwc-index](http://www.uwinnipeg.ca/index/gwc-index)

## Klinic Student Health Services

Medical services & related counseling  
McNamara Hall North 786-9496  
[www.uwinnipeg.ca/index/services-klinic](http://www.uwinnipeg.ca/index/services-klinic)

## LGBT\* Centre

Resources & support for LGBT Students  
OR13 786-9025

## Peer Support

Peer Students lending emotional support  
ORM13 786-9867

## Womyn's Centre

Womyn's health info & resources  
OR12 786-9788

# Community Resources:

## Resources for Physical & Mental Well-Being

### Klinic Community Health Centre

Medical care, education, & counselling  
870 Portage Ave 784-4090  
[www.klinic.mb.ca](http://www.klinic.mb.ca)

### Nor'West Coop Community Health Centre

Medical care, education, & counselling  
103-61 Tyndall Ave. 940-2020  
[www.norwesthealth.ca](http://www.norwesthealth.ca)

### Sexuality Education Resource Centre

Education, training, & resources  
555 Broadway Ave. 982-7800  
[www.serc.mb.ca](http://www.serc.mb.ca)

### Winnipeg Eating Disorders Clinic

Assessment & treatment of Eating Disorders  
Psychealth Centre, 771 Bannatyne Ave. 787-3482

## Resources for Women

### A Woman's Place

Free legal services for women  
200-323 Portage Ave 940-6624

### Fort Garry Women's Resource Centre

Resources, individual & group counselling  
1150-A Waverley St 477-1123  
[www.fgwrc.ca](http://www.fgwrc.ca)

### Ikwe Widdjiitiwin Inc.

Shelter for abused women & their children  
987-2780 or 1-800-362-3344

### Immigrant Women's Counselling Services

Counselling & support for newcomers  
200-323 Portage Ave 940-2172  
[www.norwesthealth.ca](http://www.norwesthealth.ca)

### Native Women's Transition Centre

Second-stage housing & job training  
105 Aikins St. 989-8240  
[www.nativewomens.mb.ca](http://www.nativewomens.mb.ca)

### Osborne House

Shelter for abused women & their children  
24 hrs 1-877-977-0007 or 942-3052  
[www.osbornehouse.shelternet.ca](http://www.osbornehouse.shelternet.ca)

### West Central Women's Resource Centre

Community cupboard, clothing depot & more  
583 Ellice Ave 774-8975  
[www.wcwrc.ca](http://www.wcwrc.ca)

### Women in Second Stage Housing (WISH)

Second stage housing for abused women & families  
St. Norbert 275-2600  
[www.mts.net/~wishinc/](http://www.mts.net/~wishinc/)

### Women's Health Clinic

Advocacy, health education & resources  
419 Graham Ave 947-1517  
[www.womenshealthclinic.org](http://www.womenshealthclinic.org)

## Other Resources

### Compensation for Victims of Crime

Financial compensation for victims of crime  
1-800-484-2846 or 945-0899

### Ma Mawi Wi Chi Itata Centre

Counselling & support for Aboriginal families  
94 McGregor St. 1-888-962-6294 or 925-0300

### Men's Resource Centre

Counselling & mentoring  
University of Manitoba 956-6562  
[www.mens-resource-centre.ca](http://www.mens-resource-centre.ca)