

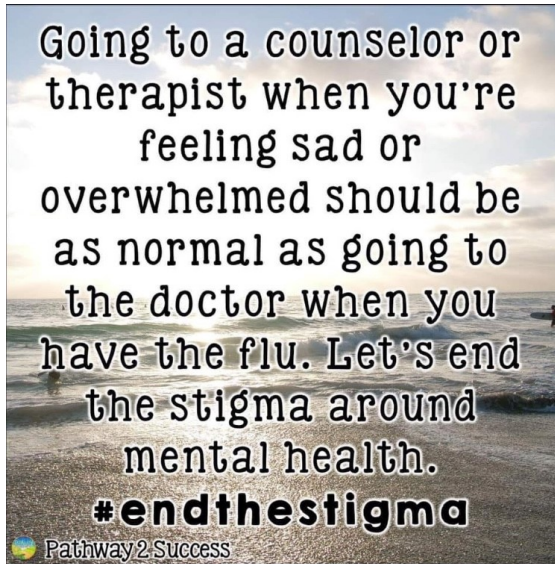
## The Pas/OCN Health Resources and Contact Information

<b>Ambulance</b>	911 OR 204-623-4500
<b>R.C.M.P. - The Pas</b>	911 OR 204-627-6200
<b>R.C.M.P. - OCN</b>	911 OR 204-627-6242
<b>The Pas Fire Department</b>	911 OR 204-623-3100
<b>O. C. N. Fire Department</b>	911 OR 204-627-1120
<b>Suicide Help Line</b>	1-877-435-7170
For those thinking of suicide and are bereaved by suicide	
<b>First Nations &amp; Inuit Hope for Wellness Help Line</b>	1-855-242-3310
<b>Klinic Crisis Line- (24/7)</b>	1-888-322-3019
<b>Crisis On-Call Worker – The Pas (After hours)</b>	204-623-6431
<b>Aurora House Crisis Line</b>	204-623-5497
<b>Beatrice Wilson Health Centre Wellness Counselling Department</b>	204-627-7410
<b>OCN Crisis Line Available 24/7</b>	204-623-0519
<b>Norman Regional Health Authority Mental Health Clinicians</b>	204-623-9650
<b>Victims Services</b>	204-627-6223
<b>Women’s &amp; Children’s Advocacy</b>	204-627-8483
<b>Seniors Abuse Line</b>	1-888-896-7183
<b>Sexual Assault 24- Hour Line</b>	1-888-292-7565
<b>Domestic Violence Crisis Line</b>	1-877-977-0007

<b>Kids Help Phone</b>	1-800-668-6868
www.kidshelpphone.ca for youth 20 and under (24/7)	
<b>Gambling Help Line (24/7)</b>	1-800-463-1554
<b>Manitoba Poison Control (24/7)</b>	1-204-787-2437
<b>Sexual Health Info Line</b>	1-800-782-2437
<b>Manitoba Farm and Rural Support (daytime)</b>	1-866-367-3276
After hours line:	1-888-322-3019
Provides free and confidential information, support, counselling and referrals to people of all ages whether you live on a farm or in a rural or a <i>northern</i> community.	
<b>Trans Line</b> for trans people experiencing a crisis	1-877-330-6366
<b>Health Links (24/7)</b> for health care questions	1-888-315-9257
<b>LGBTQ Resources (24/7)</b> Gender identity supports	1-888-530-6777
<b>Addictions Foundation of Manitoba</b>	204-627-8140
<b>Anxiety Disorders Association of Manitoba</b>	1-204-271-0060
<b>Community Financial Counseling Services</b>	1-888-573- 2383
<b>Rosaire House Addictions Centre</b>	204-623-6425
<b>Human Trafficking Hotline</b>	1-844-333-2211
<b>Critical Incident Reporting and Support Line</b>	1-204-788-8222
<b>Human Rights Commission of Manitoba</b>	1-888-884-8681
<a href="http://www.manitobahumanrights.ca">www.manitobahumanrights.ca</a>	
Email: <a href="mailto:hrc@gov.mb.ca">hrc@gov.mb.ca</a>	
<b>Canadian Human Rights Commission</b>	1-888-214-1090
<a href="http://www.chrc-ccdp.gc.ca">www.chrc-ccdp.gc.ca</a>	
<b>Mood Disorders Assoc. of Manitoba</b>	1-204-271-3758
Provides supports, education on those living with mood disorders, co occurring disorders or other mental health illnesses.	
<b>Manitoba Addictions Helpline</b>	1-855-662-6605

## Health- Related Services:

<b>Manitoba Health Links</b>	1-888-315-9257
24/7 information line for health care questions	
<b>Family Dr. Connection Program</b>	1-866-690-8628
Melissa Gunn, Primary Care Connector	1-204-778-3607
<b>Insured Benefits Branch Manitoba Health</b>	1-800-392-1207
Questions & answers about health care coverage	
<b>Cree Nation Tribal Health Inc.,</b>	204-627-1500
107 Edwards Ave. After hours	1-866-714-1715
<i>Delivers health services to 8 surrounding First Nation communities; dental, FASD, health education, home/community care, mental health counselling, etc.</i>	
<b>Primary Health Care Centre</b>	
111 Cook Avenue	204-623-9650
<i>Reproductive Health Services, Community Nurses, Dieticians, Home Care, Audiology, Mental Health for Youth and Adults, Palliative Care, Midwives, Public Health, The Pas Mentor Program (Stop FAS), Family First (home visitor), Diabetes, etc.</i>	
<b>Baby &amp; Me Best Beginnings</b>	
108 B 3 <sup>rd</sup> Street West, The Pas, MB	204-623-1023
<b>Indian Residential School Resolution Health Support Program (IRS RHSP)</b> See pg 9 for more information	204-627-1500
<b>Beatrice Wilson Health Centre</b>	204-627-7458
<b>Cancer Navigation Services</b>	204-627-6440/6441



## **Counselling / Addictions Services:**

### **Beatrice Wilson Health Centre Wellness Counselling Department**

Opaskwayak Cree Nation  
245 Waller Road

204-627-7410

Provides comprehensive, confidential mental health services.

### **Rosaire House Addictions Centre**

204-623-6425

144 Ross Avenue

If you are concerned about yourself , family member of friend; call or stop in.

## **Mental Health Clinicians**

### **Primary Health Care Centre Norman Region**

67 1st Street West

204-623-9650

Mental Health Clinicians provide Intake, assessment, consultation, referrals, individual and group counselling. Services are free and confidential to clients.

### **Indian Residential School Resolution Health Support Program**

**(IRS RHSP)**

204-627-1540

Provides supports to former Indian Residential School survivors and their families. Services included are mental health counselling and cultural support services as they address the negative and harmful impacts of residential schools. Email inquiries to: [acorbett@tribalhealth.ca](mailto:acorbett@tribalhealth.ca)

### **Addictions Foundation (AFM)**

204-627-8140

168-2<sup>nd</sup> St. West