



Mental Health Crisis Services

Interlake-Eastern
Regional Health Authority

A 24-hour crisis service for those who live in the Interlake-Eastern Region who are experiencing a mental health/psychosocial crisis.

24 Hour Crisis Line _____

Phone: 204-482-5419 Toll Free: 1-866-427-8628

Mobile Crisis Services Adult & Youth Team _____

Phone: 204-482-5376 Toll Free: 1-877-499-8770

Crisis Stabilization Unit _____

Phone: 204-482-5361 Toll Free: 1-888-482-5361

Website: www.ierha.ca

Programs & Services/Mental Health & Addictions

Mental Health Crisis Services Hours of Service

Crisis Line	24 hours
Mobile Team Intake 7 days a week	8:30 am to 12:00 am
Mobile Adult Team 7 days a week	2:00 pm to 2:00 am
Mobile Youth Team Monday to Friday	1:30 pm to 9:30 pm
Crisis Stabilization Unit	Short term voluntary admission

Our goal is to help you resolve your
immediate problems.

We can talk to you on the telephone
and may come out to see you.

We may also be able to offer you a safe place
to stay for a few days.

Please call the 24 hour Crisis Line
if you need help or just need to talk.