



Interlake–Eastern
Regional Health Authority

Mental Health and Addictions Services Directory

For resources, information, or
tools to support positive
mental health and wellbeing,
please visit our website at:

www.ierha.ca

Programs & Services / Mental Health & Addictions



We work in partnership with all stakeholders,
contributing to the health and well-being of our
communities, by providing timely access to reliable care
in a culturally safe manner that respects diversity.

INTERLAKE-EASTERN RHA MENTAL HEALTH CRISIS SERVICES

What is a CRISIS?

- *An urgent difficulty or acute change*
- *A disruption or breakdown in your daily living pattern*
- *Panic attacks/extreme anxiety*
- *A temporary inability to cope*
- *A feeling of being out of control*
- *Suicidal behavior or intention*

If you or someone is experiencing a crisis, contact the
24 Hour Crisis Line for support.

- **24 Hour Crisis Line:** Provides telephone support for those in the Interlake-Eastern RHA who are experiencing a mental health or psychosocial crisis.

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

- **Crisis Stabilization Unit:** Nurse managed admission unit - provides short term intervention for individuals experiencing a mental health or psychosocial crisis.

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

- **Mobile Crisis Services - Adult & Youth Team Outreach Teams:** Multi-disciplinary teams specializing in crisis intervention, mental health assessment, and short term follow-up.

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

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 2:00am

Mobile Youth Team — 7 days a week: 10:00 am to 10:00 pm

- * To gain access to additional supports and resources specific to Family and Natural Supports, please visit our website at:

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INTERLAKE-EASTERN RHA COMMUNITY MENTAL HEALTH

For a full description of programs and services, and to access tools to support positive mental health and wellbeing, please visit our website at

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Or please contact Central Intake at

Toll Free: 1-866-757-6205 or 204-785-7752

Individuals are encouraged to contact Central Intake on behalf of themselves, but with the individual's consent, referrals are also accepted from other services involved.

- **Adult Community Mental Health Program:** Provides a range of therapeutic and supportive services that include CBTm classes, Brief Treatment, Shared Care and other supportive services to adults who are experiencing symptoms suggestive of mental health or co-occurring disorder.
- **Child & Adolescent Mental Health Program:** Provides therapeutic and supportive services to individuals under the age of 18 years who are experiencing symptoms suggestive of a mental health or co-occurring disorder. The team provides education and support to families as well.
- **Mental Health Services for the Elderly (MHSE):** Provides assessment and treatment recommendations for older individuals with mental health concerns and/or cognitive difficulties affecting their daily life activities, as well as support and education to families and caregivers.
- **Intensive Case Management Program (ICM):** Provides rehabilitation-oriented case management services with an emphasis on the development of skills and supports needed to obtain and sustain their chosen goal of housing, education, and/or employment.
- **Relational Therapy (Couple & Family):** Provides therapeutic services to couples and families who reside in the IERHA to help find resolutions for problems between partners, parents and children, in-laws, or even employer and employees. Individuals can self-refer for this free service.

Phone: 204-785-7716

INTERLAKE-EASTERN RHA ADDICTIONS SERVICES

- **Rapid Access to Addictions Medicine (RAAM):** Provides education, counselling, medications, and other supports to adults (ages 18+) looking to get help with high-risk substance use and addiction. No referral is needed. *Open Tuesdays, 12:30 pm to 3:30 pm (Walk-in) Phone: 204-785-7513*
- **Community Addictions Program:** Provides therapeutic, supportive, and educational services for individuals or people supporting those living with substance use or gambling concerns.

Youth:

Gimli: 204-642-5162

*Sunrise School Division: 204-268-6782

*Interlake School Division: 204-467-5539 (Sep to Jun)

*Lord Selkirk School Division (Middle Years): 204-785-2354

*Lord Selkirk School Division (High School): 204-482-6926 (Sep to Jun)

204-785-2354 (Jul to Aug)

*Shared Health staff

Adult:

Selkirk: 204-785-2354

Beausejour: 204-268-6166

Gimli: 204-642-5162

MENTAL HEALTH PARTNERS IN OUR REGION - There are a variety of self-help groups which provide the opportunity for individuals, family members and the general public to gather information, receive peer support, and find out about available resources. Other services offered may include advocacy, support groups, workshops, social opportunities and public education.

Anxiety Disorders Association of Manitoba: Toll Free: 1-800-805-8885

Peer Connections Manitoba: Toll Free: 1-800-263-5545

Mood Disorders Association of Manitoba: Toll Free: 1-800-263-1460

SUPPORT CENTRES - Community based settings providing social, recreational support, and transitional employment programs on a drop-in basis.

- **Selkirk & Interlake Mental Health Support Centre** 242 Manitoba Avenue, Selkirk - 204-482-3536
- **Ashern Support Centre** 18 Main Street East, Ashern - 204-768-2915
- **Arborg Support Centre** 327 Main Street, Arborg - 204-376-5066
- **L. Merritt Support Centre** 50 Main Street, Lundar - 204-762-5769
- **Lac du Bonnet Support Centre** 83-2nd Street, Lac du Bonnet - 204-345-5570

HOUSING - Canadian Mental Health Association - Assisting individuals to find housing, employment, to attend an education program, or to reach a socialization goal. **Phone: 204-482-9723**