

Emergency (Ambulance, Fire & Police) Call 911

CRISIS/SUICIDE

Westman Crisis Services (24/7): Mobile Crisis Unit	204-725-4411 or 1-888-379-7699
Crisis Stabilization Unit	204-727-2555
Manitoba Suicide Prevention & Support Line (24/7): Crisis Line	1-888-322-3019 or Suicide Line: 1-877-435-7170
Manitoba Domestic Abuse Crisis Line (24/7) (if in danger call 911)	1-877-977-0007
Crisis Pregnancy Centre	204-727-6161
Klinic Sexual Assault Crisis Line (24/7)	1-888-292-7565
Trans Lifeline (24/7)	1-877-330-6366
Prairie Mountain Health Child & Adolescent Treatment Services (24/7) Crisis Line	1-866-403-5459
Westman Women's Shelter (24/7) (shelter for abused women)	204-727-3644
Manitoba Poison Centre (24/7)	1-855-776-4766
First Nations & Inuit Hope for Wellness Help Line (24/7) (crisis intervention counselling)	1-855-242-3310

HELP LINES

Kid's Help Phone (24/7)	1-800-668-6868	Farm, Rural & Northern Stress Line ..	1-866-367-3276
Kid's Help Phone Free Texting (24/7).....	Text CONNECT at 6-8-6-8-6-8	Dial-A-Dietitian	1-877-830-2892
Youth Addictions Centralized Intake	1-877-710-3999	Seniors Abuse Support Line	1-888-896-7183
Brandon and Area Suicide Bereavement Support Group ...	204-571-4183	Seniors Information Line	1-800-665-6565
Health Links (24/7 health information)	1-888-315-9257	Sexual Health Info Line	1-800-782-2437
Manitoba Addictions Help Line	1-855-662-6605	Smokers Help Line	1-877-513-5333
Manitoba's Family Doctor Finder Program	1-866-690-8260		
Indian Residential School Survivors Support Line (24/7)	1-866-925-4419	or Residential Survivors	1-800-721-0066

7TH STREET HEALTH ACCESS CENTRE - PRAIRIE MOUNTAIN HEALTH

Provides a wide range of health care and basic needs services including Service Navigator, Nurse Practitioner, Physician, Community Nurse, Cultural Facilitators, Community Social Worker, Dietitian, Housing Resource Worker, Addiction Services, Adult Community Mental Health Worker and Pharmacist - Open 11:00 am - 7:00 pm 7 days a week 204-578-4800

MENTAL HEALTH - PRAIRIE MOUNTAIN HEALTH

Child & Adolescent Mental Health Services	204-578-2700 or 1-866-403-5459
Community Mental Health	204-578-2400
Seniors Mental Health	204-578-2400

LITERACY & EDUCATION

Samaritan House Ministries Training Centre.....	204-727-1268
Brandon Literacy Council Inc.....	204-729-9964
Assiniboine Community College Adult Collegiate ..	204-725-8735
Sexuality Education Resource Centre (SERC)	204-727-0417

LEGAL SUPPORT

Law Phone in & Lawyer Referral	1-800-262-8800
Legal Aid Manitoba (Brandon)	1-800-876-7326
Family Justice Resource.....	204-729-3484

SUPPORT FOR ADDICTIONS

AFM Gambling Help Line (24/7)	1-800-463-1554
Addictions Foundation of Manitoba (Brandon)	204-729-3838
Alcoholics Anonymous (outside Winnipeg)	1-877-942-0126

FIRST NATIONS HEALTH BENEFITS

For help with coverage for non-insured health benefits for First Nations (eg. dental, vision, prescriptions, medical supplies), call a health benefits navigator.
Southern Chiefs Organization Inc. 1-866-876-9701

ADVOCACY RESOURCES

Office of the Children's Advocate.....	1-800-263-7146
Society for Manitobans with Disabilities Inc.....	204-726-6157
Women's Resource Centre	204-726-8632
John Howard Society (Men's Resource Centre)	204-727-1696
Samaritan House Employment Resource Centre	204-717-3503
Inclusion Westman (respite, day services).....	204-724-2348
Victim Services.....	204-726-6515

**MONEY AND DEBT
(NON-PROFIT COUNSELLING SERVICES)**

Community Financial Counselling Services	1-888-573-2383
Credit Counselling Society	1-888-527-8999
Consumer Protection Office.....	1-800-782-0067

GOVERNMENT BENEFITS AND SUPPORTS

To get government benefits, you must file a tax return even if you don't make any money.

Community Volunteer Income Tax Program (7 th Street Health Access Centre)	204-578-4800
Service Canada (federal benefits)	1-800-622-6232
Canada Child Benefit (Child Tax)	1-800-387-1193
Healthy Child Manitoba (Manitoba Prenatal Benefit)	1-888-848-0140
Employment & Income Assistance.....Daytime Monday-Friday 204-726-6438 or after hours emergency only ..	1-866-559-6778

CHILDREN AND FAMILIES

Child & Family Services of Western Manitoba (Intake agency, emergency & after hours).....	204-726-6030 or 1-800-483-8980
Manitoba Online Childcare Registry	1-888-213-4754
La Leche League (breastfeeding support).....	204-571-0784 or 24/7 help line: 1-888-315-9257
Healthy Baby Program.....	204-578-2545
Elspeth Reid Family Resource Centre	204-726-6280
Midwifery Services – Prairie Mountain Health	204-571-5530

PUBLIC HEALTH - PRAIRIE MOUNTAIN HEALTH

Brandon (Public Health Nurses (PHNs) offer prenatal education, breastfeeding support, child health clinics, immunization, growth and development information, communicable disease follow up, reproductive health, sexual health and travel health)	204-578-2500
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OLDER ADULTS

Prairie Oasis Senior Centre (programs and services for age 50 and over).....	204-727-6641
Seniors for Seniors Coop Inc. (programs for age 55 and older)	204-571-2050
Alzheimer Society of Manitoba - Brandon office	204-729-8320

CULTURAL SERVICES

Brandon Friendship Centre – Mission is “to provide programs and services to all people with an initial emphasis on Aboriginal people” (eg. prenatal, daycare, youth to seniors, health, literacy, education, housing).....	204-727-1407
Manitoba Metis Federation Inc. (provides programs & services to meet the needs of Metis people)	204-725-7520
Westman Immigrant Services (helps permanent residents and refugees with settlement services and programs)	204-727-6031

HOUSING

Non – EIA Rent Assist (Government of Manitoba program)	1-877-587-6224
EIA Rent Assist (Government of Manitoba program)	1-877-812-0014
YWCA Westman Women’s Shelter	Office: 204-571-3680 Crisis: 204-727-3644 or Toll Free: 1-877-977-0007
Community Housing and Support Services	204-726-8865
Manitoba Housing	204-726-6455
Housing Resource Worker, 7th Street Health Access Centre	204-578-4800
Brandon Neighborhood Renewal Corporation (BNRC)	204-729-2490
Youth For Christ	204-727-1251
Residential Tenancies Branch.....	1-800-656-8481

FOOD

Helping Hands Soup Kitchen	204-727-4635	Salvation Army	204-727-4334
St. Augustine’s Church	204-727-4728	Samaritan House (Food Bank)	204-726-0758

THRIFT STORES

Elspeth Reid Family Resource Centre	204-726-6280	MCC Thrift Store	204-727-1162
Nearly New Shop	204-728-7137	Adult & Teen Challenge Superthrift	204-578-5540