

If you need medical help right away, please contact Healthlinks at 204-788-8200 or the closest emergency room

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# MENTAL HEALTH RESOURCES

## ON CAMPUS

### UWinnipeg Wellness Centre

studentwellness@uwinnipeg.ca // 204-988-7611

### Counselling Services

204-925-0040

### Accessibility Services

accessibility@uwinnipeg.ca // 204-786-9771

## OFF CAMPUS

### Klinik Drop In Counselling

<https://klinik.mb.ca/in-person-counselling/klinik-drop-in-counselling/>

### Community-based mental health resources and supports

2-1-1

## FOR INDIGENOUS + POC STUDENTS

### National Residential Schools Crisis Line

866-925-4419

### Indian Residential School Survivors Society

800-721-0066

### Kids Help Phone

800-668-6868 or text: 686868

### Suicide Crisis Line

800-784-2432

### Battered Women's Support Services

855-687-1868

### The Hope for Wellness Help Line

855-242-3310 // online chat:

[www.hopeforwellness.ca](http://www.hopeforwellness.ca)

### Wa-say Healing Centre

204-774-6484

### Nine Circles BIPOC Mental Health Worker List

<https://tinyurl.com/jjm52v4s>

### NIHB MB Mental Health Care Provider List

<https://tinyurl.com/4y54ydv8>

### Indigenous Student Services Centre

Mon – Fri 8:30 – 4:30

The Indigenous Student Services Centre (ISSC) maintains a safe, educational and culturally sensitive environment for all Indigenous students (First Nation, Métis and Inuit) as they pursue their academic studies at The University of Winnipeg.

