

Help Lines:

Klinic Crisis Line

24 hour crisis intervention/suicide prevention
1-888-322-3019

Domestic Violence Crisis and Information Line

1-877-977-0007

Klinic Sexual Assault Crisis Line

1-888-292-7565

AIDS/STD Info Line

945-2437 or 1-800-782-2437

Facts of Life Line

1-800-432-1957 or 947-9222

Gay and Lesbian Info Line

1-888-399-0005

Health Links

1-888-315-9257 or 788-8200

Winnipeg Regional Health Authority Crisis Line

946-9109

Farm and Rural Stress Line

1-866-367-3276

Gambling Help Line

1-800-463-1554 or 944-6382

Key Resources:

www.suicideinfo.ca

www.metanoia.org/suicide

Menno Simons College is invested in the holistic well-being of its students. We encourage you to explore the resources outlined within.

Can't find the resource you are looking for?

Contact the Menno Simons College Student and Community Relations Coordinator by confidential email or by phone for assistance in finding an organization or program to meet your needs.

You can be assured that all conversations will be kept confidential (except where disclosure is required by law), and that you will be treated with dignity, respect, and compassion.

MSC Student Services

Menno Simons College

953-3846

msscconfidential@uwinnipeg.ca



Resource Guide:

Personal Crisis and Local Support Organizations



University of Winnipeg Resources:

Aboriginal Student Services Centre

Advocacy, personal advising & counseling
2L01D 786-9818
<http://www.uwinnipeg.ca/index/services-aboriginal>

Aurora Family Therapy Centre

Therapy (on a sliding fee scale)
2nd Floor Sparling Hall 786-9251
<http://aurora.uwinnipeg.ca>

Counselling Services

Free counselling for U of W students
1A09A, 1A09B 786-9231
<http://ccs.uwinnipeg.ca>

Global Welcome Centre

Settlement and mentoring for newcomers
511 Ellice Ave 1E04 258-2946
www.uwinnipeg.ca/index/gwc-index

Klinik Student Health Services

Medical services & related counseling
McNamara Hall North 786-9496
www.uwinnipeg.ca/index/services-klinik

LGBT* Centre

Resources & support for LGBT students
OR13 786-9025

Peer Support

Peer students lending emotional support
ORM13 786-9867

Womyn's Centre

Womyn's health info & resources
OR12 786-9788

Disability Resource Centre

Resources & support for students with disabilities
1A08 786-9771

Community Resources:

Resources for Physical & Mental Well-Being

Klinik Community Health Centre

Medical care, education, & counseling
870 Portage Ave. 784-4090
www.klinik.mb.ca

Nor'West Coop Community Health Centre

Medical care, education, & counseling
103-61 Tyndall Ave. 940-2020
www.norwesthealth.ca

Sexuality Education Resource Centre

Education, training, & resources
200- 226 Osborne Street North 982-7800
www.serc.mb.ca

Winnipeg Eating Disorders Clinic

Assessment & treatment of eating disorders
PsychHealth Centre, 771 Bannatyne Ave. 787-3482

Resources for Women

A Woman's Place

Free legal services for women
200-323 Portage Ave. 940-6624

Fort Garry Women's Resource Centre

Resources, individual & group counseling
1150-A Waverley St. 477-1123
www.fgwrc.ca

Ikwe Widdjiitiwin Inc.

Shelter for abused women & their children
987-2780 or 1-800-362-3344

Immigrant Women's Counseling Services

Counseling & support for newcomers
200-323 Portage Ave 940-2172
www.norwesthealth.ca

Native Women's Transition Centre

Second-stage housing & job training
105 Aikins St. 989-8240
www.nativewomens.mb.ca

Osborne House

Shelter for abused women & their children
24 hours 1-877-977-0007 or 942-3052
www.osbornehouse.shelternet.ca

West Central Women's Resource Centre

Community cupboard, clothing depot & drop-in
640 Ellice Ave. 774-8975
www.wcwrc.ca

Women in Second Stage Housing (WISH)

Second-stage housing for abused women
& families
St. Norbert 275-2600
www.mts.net/~wishinc/

Women's Health Clinic

Advocacy, health education & resources
419 Graham Ave 947-1517
www.womenshealthclinic.org

Other Resources

Compensation for Victims of Crime

Financial compensation for victims of crime
1-800-262-9344 or 945-0899

Ma Mawi Wi Chi Itata Centre

Counseling & support for Aboriginal families
94 McGregor St. 925-0300

Men's Resource Centre

Counseling & mentoring
200 - 321 McDermot Ave. 415-6797
www.mens-resource-centre.ca