



<p>1. Emergent Imminent threat to loss of life or limb.</p>	<p>CALL 911</p>
<p>2. Urgent Presenting in distress or with unusual behavior. The individual is experiencing a crisis situation.</p>	<p><u>Adult/Youth Mobile Crisis Team</u> - (204) 482-5376 or 1-877-499-8770 <u>Crisis Stabilization Unit</u> - (204) 482-5361 or 1-888-482-5361 Hours of Operation - 24 hours <u>24 Hour Crisis Line</u> - (204) 482-5419 or 1-866-427-8628</p>
<p>3. Mental Health Assistance or Community Intervention Requesting or needing help with a mental health problem.</p>	<p><u>Central Intake (Adult)</u> (204) 785-7752 (ext. 1) or 1-866-757-6205 (ext. 1) 8:30-4:30 <u>Central Intake (Child & Adolescent, ages up to 18)</u> (204)-785-7752 (ext. 2) or 1-866-757-6205 (ext. 2) <u>Mental Health Services for the Elderly</u> (204) 785-7752 (ext. 3) or 1-866-757-6205 (ext. 3)</p>
<p>4. Support/Education Related to mental health issues.</p>	<p><u>Manitoba Schizophrenia Society</u> 204-786-1616 <u>Mood Disorders Association</u> - (204) 330-7821 or 1-800-263-1460 <u>Anxiety Disorders Association of Manitoba</u> (204) 389-5030 or 1-800-805-8885</p>
<p>5. Housing Assistance Adult individual with a psychiatric disability needing assistance in locating and/or maintain housing (non-emergent).</p>	<p><u>Canadian Mental Health Association</u> 204-482-9723</p>
<p>6. Social Support For adults with psychiatric disabilities requiring support in a social/recreational setting.</p>	<p><u>Drop-in Centers</u> Selkirk & Interlake Mental Health Support Centre Inc. (204) 482-3536 - 242 Manitoba Ave., Selkirk</p>
<p>7. Addictions</p>	<p><u>Addictions Foundation of Manitoba</u> - (204) 785-2354 <u>Provincial Addictions Information Line</u> - 1-855-662-6605 <u>Alcoholics Anonymous (Rural)</u> - 1-877-942-0126</p>
<p>8. Abuse</p>	<p><u>Nova House (Women's/Family Shelter)</u> Crisis line - (204) 482-1200 or 1-877-977-0007 Admin. line - (204) 482-7882 <u>Child & Family Services</u> - (204) 785-5106 (After hours emergency line 4:30 pm to 8:30 am (204) 785-5340) Selkirk RCMP -204-482-1222 or in Emergency call - 911</p>
<p>9. Marital/Family Counselling Presenting in distress or with unusual behavior. The individual is experiencing a crisis situation.</p>	<p><u>Community Mental Health Relational Therapy</u> Couple and Family - (204) 785-7716 See Interlake-Eastern Mental Health Resource Guide</p>