

YOUR MENTAL HEALTH MATTERS.

Mindfulness, simply put, is paying attention to the here and now.

So while you're here right now, take a moment to review the mental health resources for the RM of De Salaberry and St-Pierre-Jolys. Find resources specific to you! Look under the Youth, Adult, Senior, Farmer or Métis/Indigenous sections. **Français à suivre**

Youth

Kids Help Phone - 1-800-668-6868 (Call) 686868 (Text)

Over the phone
support

A texting service that is free and available in English and French across Canada 24/7 when you want to let your feelings out without judgment.

[Therapy Services — Lil' Steps Wellness](#)

Interactive therapies

Our offerings include animal-assisted therapy, art therapy, summer day camps, workshops, play therapy, and many other innovative approaches. Cost for services.

[30+ videos & mental health activities for kids - Kids Help Phone](#)

Interactive videos
and activities

On this page, Kids Help Phone shares mental health activities for kids ages 5–12. Free videos to consult.

The Link 24h crisis line

Phoneline for
support and
referrals

The Brief Therapy Team is a multidisciplinary team of therapists who receive referrals from Mobile Crisis Services you can call at 204-949-4777 or 1-888-383-2776 for a referral. Free service to call and utilize.

Adult

[Helping Profession | Aly Giesbrecht Counselling | Manitoba](#)

Therapy

I offer a warm, accepting, nonjudgmental environment for you to address whatever is on your mind. -Aly Giesbrecht. Cost for service

[ICAN Ages 18+ - Strongest Families Institute](#)

Support program

The Adult ICAN anxiety and depression support program (ages 18+) is designed to help you learn skills to control, face, and deal with your emotions. Free to join!

[Anxiety Canada | Self-help Resources, Programs & Services](#)

Directable
resources

We are a passionate team devoted to providing accessible, science-based anxiety relief to help you live the life you want. Free resources and directable links.

Crisis Helpline 988

Trained
counselors over
the phone

988 is for those who are having suicidal ideations and those who are experiencing mental health emergencies, or emotional distress. Free for anyone to call.

[Adults \(18+\) - Cognitive Behaviour Therapy with mindfulness \(CBTm\)](#)

Zoom classes

Cognitive Behaviour Therapy with mindfulness (CBTm) is a 5-class program designed to help you build resilience and improve your mental wellness. Free to join!

Seniors

[Support Groups for People with Dementia - Alzheimer Society of Manitoba](#)

Our support groups for people with dementia provide participants with an opportunity to: learn about dementia and its progression, share feelings and common experiences, exchange practical coping strategies, and mutual support. Free support groups to join.

Virtual and in-person support group

[A & O: Support Services for Older Adults – Providing innovative programs and services to older adults since 1957](#)

Support Services for Older Adults is a not-for-profit organization that provides specialized services for older Manitobans across the province. The goal of these programs is to empower and support older adults in the community. Free resources to read and free groups to join.

Online resources and support groups

Nice 2 Talk 1-844-529-7292

A free outreach support line that offers brief counselling services for older adults and persons with disabilities.

Available weekdays
10AM - 10PM

ANXIETY SUPPORT LINE 204-925-0040

People of all ages seeking support are encouraged to call this support line. Free for anyone seeking support.

Available weekdays
9AM - 9PM
weekends
10AM - 4PM

[Social Prescribing Introduction - MASC](#)

Refer a patient/client to a Senior Resource Coordinator who will work with the client to jointly identify and consider community-based programs or services that can improve the client's social connections, health and well-being. Free to use.

Referral program for seniors

Farmers

[The Do More Agriculture Foundation](#)

To cultivate a culture of mental well-being within Canadian farming communities. Direct link to helplines and Ag talk specifically for farmers seeking help. Free to use.

Peer and clinical
text support

[About the Program — Manitoba Farmer Wellness Program](#)

Mental wellness for Manitoba Farm Families and Farm Employees. Facilitating confidential, no-cost access to farm-focused counsellors.

No cost therapy
sessions

Manitoba Farm Rural & Northern Support services 1-866-367-3276

Short term, no cost counselling over the phone 24/7.

Over the phone
support

Indigenous/Métis

<https://lilstepswellness.com/land-based-therapy>

Rooted in Indigenous wisdom and practices, this therapy recognizes the profound impact that the environment can have on mental, emotional, and spiritual well-being. Cost for this service.

Land-based
activities and
cultural
teachings

<https://thunderbirdpf.org/wellness-supports-2/>

We provide free and culturally informed wellness supports on the topics of mental health and substance use issues.

Supports and
resources for
addiction and
substance use

Hope For Wellness 1-855-242-3310

Hope for Wellness Helpline is available 24/7 to all Indigenous people across Canada. Whether you prefer to talk to someone on the phone or online, we're here to support you anytime.

Crisis phone
number for
Indigenous
people