GUIDE TO MENTAL HEALTH RESOURCES
For First Nations, Métis & Inuit people in Winnipeg.

USING THIS GUIDE
The Winnipeg Regional Health Authority Aboriginal Health Programs in collaboration with the Regional Mental Health Program has put together this guide to assist First Nations, Métis, and Inuit peoples find mental health care information and services within Winnipeg. If someone is experiencing mental health problems or emotional health concerns, this guide will provide information on types of services available in Winnipeg and how to access the various services.

MENTAL HEALTH IN ABORIGINAL CULTURE
The Aboriginal community is an important part of Manitoba’s heritage and future. Over 75% of Manitoba’s total population and 10% of Winnipeg’s total population consider themselves First Nation, Metis or Inuit peoples (Statistics Canada, 2018). Winnipeg currently has the largest urban Aboriginal population of the major cities in Canada. Although there is great diversity among the 8 First Nation communities within Manitoba in their usage of language, ceremonies, religious beliefs, and community traditions, holistic wellness remains a priority among most groups in maintaining their culture and adhering to the future. EFFECTS OF COLONIZATION AND RESIDENTIAL SCHOOLS Many issues facing the Aboriginal community today stem from the long history of colonization. First Nation families were dramatically hurt by the government policy of sending their children away to residential schools, which began in 1897 and continued until the last school was closed in 1996. The purpose of residential schooling was to assimilate Aboriginal community children into mainstream Canadian society by teaching children the skills and cultural beliefs of the non-Aboriginal world. Many people felt cut-off from their families and traditional culture, feeling alienated from the new culture and ways of living on the land. Many people felt stuck between two worlds, not belonging to either, which resulted in identity confusion, high levels of suicide, depression and substance abuse. Other health concerns, such as poor housing and low access to nutrition have also affected the health of the Aboriginal community. Many children were cut off from the residential school system. Generations of people did not learn their family and community culture including their language. Languages are passing on the culture, and ways of living. Many people felt cut between two worlds, not belonging to either, which resulted in identity confusion, high levels of suicide, depression and substance abuse. Other health concerns, such as poor housing and low access to nutrition have also affected the health of the Aboriginal community. Many children were cut off from the residential school system. As a result, the Government of Canada has developed the Indian Residential Schools (IRS) Resolution Health Support Program to begin work towards healing for those involved. Other efforts are being made to improve the health and well-being of the Aboriginal community. First Nations, Metis and Inuit peoples are coming together to share concerns, gather resources, find ways to improve health and well-being, and return to wholeness. Indian and Inuit healing from the past will come from within the Aboriginal culture, reconnection as a community and from sacred traditions.

INDIAN RESIDENTIAL SCHOOLS RESOLUTION HEALTH SUPPORT PROGRAM
The Indian Residential Schools Resolution Health Support Program provides emotional health and wellness support to former Indian Residential School students and their families, regardless of race and place of residence, who are eligible for the Common Experience Payment program. IRSCHS offers a range of services designed to empower former students and their families to build and maintain healthy relationships within their communities. IRSCHS services are provided by: Professional Counselling Emotional Support provided by Resolution Health Support Workers Cultural Support provided by Elders Assistance with the cost of transportation For more information on how to access these services contact: Manitoba Regional Office at 1-866-818-3505 located at 3rd Floor, 300 York Avenue, Winnipeg or visit: www.healthcanada.gc.ca/rirs or see www.irsr-rqpi.gc.ca

MENTAL HEALTH ACROSS CULTURES
Being mentally healthy means feeling a sense of control over one’s life, feeling able to make decisions, coping with life’s challenges and participating in life in meaningful ways because there is balance in the mental, physical, spiritual, emotional and mental aspects of life. When people of any cultural background are feeling mentally healthy, they can feel good about themselves most of the time. To have an Aboriginal cultural view of mental health and well-being is a balance of the body, mind, emotions and spirit which is maintained through good relationships with oneself, others, within the community and Creation.

MENTAL HEALTH PROBLEMS ARE COMMON Mental health problems are common among people of all ages, cultures and backgrounds. There are a number of reasons why mental health may not be at its best. Living with problems such as poverty, discrimination, unemployment, violence or substance abuse can have a very negative effect on mental health. Life events such as the death of a loved one, being in an accident, losing a job or family can also be a challenge and sometimes cause mental health problems.

WHAT IS MENTAL ILLNESS?
All people have times of feeling down or sad, have trouble concentrating, talk too loud to themselves, or have a thought in mind and can’t get rid of it. These things are normal. When a person is mentally ill, these kinds of feelings, thoughts and behaviors are extreme and get in the way of the person’s ability to go about their day.

Many cultures do not use the words mental illness to describe when a person has emotional problems. Instead they may describe how a person has changed in mood, thought or behaviors, or changed in how he or she relates to others.

Examples of some possible changes or problems in behavior:
• Sleeping too much, or not able to sleep at all
• Not keeping clean and cared for
• Avoiding social contact and previously enjoyed activities
• Laughing or crying inappropriately
• Talking in ways that don’t make sense
• Strange movements or behaviors (such as: talking out loud to no one, rigid or unusual body positioning)
• Unable to control behavior (such as: can’t stop walking back and forth; sudden violence; washing hands over and over)

Examples of some possible changes or problems in feelings or mood:
• Extreme feelings of “feeling good” and excitement
• Angry, scared or suspicious in unrealistic ways
• Extreme sadness or hopelessness, sometimes leading to thoughts or talk of suicide
• Sudden emotional changes and mood swings
• Unable to feel or express happiness

Examples of some severe changes or problems in thoughts and perceptions:
• Hearing, seeing, smelling things that aren’t there
• Unusual or mistrustful beliefs (such as: people are trying to kill you, you are a movie star in face of a mirror; you are God or a famous person)
• Frightening thoughts of having to kill yourself or others
• Having thoughts that are frightening or not being able to stop or change the thoughts
• Service provided is inappropriate or unable to connect thoughts together in a sensible way
• Constant and extreme worry or anxiety

If someone is experiencing these changes or problems, it is recommended that he or she have a physical assessment to rule out any underlying physical conditions that may have an effect on their mental well-being. A doctor or nurse with special training can give you or a close family member the help you need. Many people who have experienced serious mental health problems report that he or she has a recommended treatment plan which may include medication, counseling or therapy or self-care. Some people may choose to seek other help to healing such as through guidance from an Elder or spiritual caregiver. It is important to seek traditional healing needs with health care providers.

LEARN MORE
The Mental Health Education Resource Centre in Manitoba is a public lending library of resources including books, print resources, videos, audio tapes, and other materials on mental health and illness including depression, anxiety, eating disorders, substance use disorders, and suicide prevention.

Phone: 204-942-6548
Toll Free: 1-855-942-6548
www.mherc.mb.ca

For more information on mental health resources see the Mental Health Resource Guide for Winnipeg published by the Canadian Mental Health Association.

Photo: 204-982-6127 go to their website to download a copy of www.cmhawpg.mb.ca

PATHWAYS TO HEALING
There may be many different reasons why a person experiences disability or illness. Pain, hurt, rejection, disappointment and loneliness may cause a person to experience mental health problems. For some people, working through these painful feelings and experiences is viewed as part of a necessary spiritual journey. There are many ways of healing disability or illness within the Aboriginal culture. Some people use ceremonies, guidance from Elders, knowledge and wisdom, meaningful activity, and connection with family and the land as part of their pathways to healing process.

MENTAL HEALTH:
Mental wellness involves learning to achieve wellness through a balance of body, spirit and mind and to develop skills to maintain wellness. Mental wellness includes self-care, personal dignity, cultural identity and connections to the natural environment. Mental wellness is an important part of the lives of Aboriginal peoples. Mental wellness may be defined in terms of the values and beliefs of Aboriginal peoples. (First Nations and Inuit Health Wellness Framework, 2002).

First Nations
Descendants of the original inhabitants of North America. Although the term “First Nations” is now widely used, there is no legal definition for it. (Gladwin and Northern Affairs Canada, 2003)

Métis
Métis means a person who self-identifies as Métis is of historic Métis Nation ancestry and is distinct from other Aboriginal Peoples and is accepted by the Métis Nation (Métis National Council, 2002)

Inuit
The Aboriginal peoples of Arctic Canada who are primarily found in the Northwest Territories, Nunavut and Northern Quebec. Inuit means, “the people” in Inuktitut, the Inuit language. (Indian and Northern Affairs Canada, 2003)
ABORIGINAL PROGRAMS

Traditional Practices

Some traditional practices include:

SMUDGING — a sacred ritual done to spiritually cleanse and be open and ready for positive healing energy. The smudge consists of one of the four sacred plants: tobacco, sweet grass, cedar and sage or a mixture of the plants.

SHARING/TALKING CIRCLES — a ceremony used by some people to discuss issues or share feelings in a safe climate of trust and cooperation. Equality and respect are encouraged and reinforced through the sharing circle.

SACRED ITEMS — many items may be used by traditional Aboriginal communities for ceremonies and healing gatherings.

TOBACCO OFFERING — tobacco holds a special significance and serves as a means of opening communication with the spirit world. It symbolizes honesty and respect.

SACRED TEACHINGS — sacred teachings or values are taught to promote healthy living. There are varieties of teachings. Some include: wisdom, love, respect, brilliancy/courage, honesty, humility and truth. They are intended to help the community and environment live in harmony.

SPIRIT NAMES — names generally given in the language of the individual being named. The name describes an individual’s character and often comes with some responsibility of serving the community. These names are special and much preparation is required prior to receiving them. Only some Elders have the gift of name-giving.

SWEAT LODGE CEREMONY — this ceremony may vary in how it is conducted as well as in the teaching that explains its origin. It is generally conducted in sacred lodges, dome-shaped structures often built from bent willow, for the purpose of prayer, cleansing and purifying body, mind and spirit.

Traditional Healers

Some traditional healers are:

SPIRITUALIST — focuses on the spiritual well-being of a person and acts on his or her behalf to recommend lifestyle changes to the individual or family and offerings to various kind spirits. This person often serves as a counselor, mentor or teacher to individuals and families.

MEDICINE PERSON — engaged in ritual, ceremonial activity and prayer. Medicine people may possess sacred items and the items to rituals, songs and medicines that have been inherited from parents, grandparents, or that they gained through apprenticeship with a respected medicine man or woman. Depending on their nation, they are also conductors of community ceremonies. These individuals often sacrifice their daily lives to ritual, prayer and healing.

HEALER — heals in a variety of ways, each as a gift of touch or energy work. A healer can be ritualistic, but also may have an ability to use a variety of therapies to heal people spiritually, emotionally or physically.

TRADITIONAL BIRTH ATTENDANT — midwife may employ childbirth and aftercare. The midwife may employ the use of massage, diets, medicines and ritual, prayers and counselling.

EIDER — is considered exceptionally wise in the ways of culture and the teachings of the Great Spirit. The Elder is recognized for wisdom, stability, humour and the ability to know what is appropriate in a particular situation. The community looks to Elders for guidance and sound judgment because Elders are caring and are known to share the fruits of their labours and experiences with others in the community. (Aboriginal Healing Foundation)

HELP WITH HEALING

It is important to get help early to move forward on a healing path. It is a good idea to visit a doctor to check overall health and rule out any physical illness. Doctors can tell you about mental and emotional changes being experienced so they can provide the best care and treatment. Traditional healing needs should also be shared with health care providers. If possible, it is best to keep one family doctor so he or she gets to know one’s complete health history.

To find a family doctor who is accepting new patients call Family Doctor Connections at 204-776-7111 or contact the College of Physicians and Surgeons of Manitoba at 204-774-4364 (www.roman.ca).

Specialists such as a psychiatrist, psychologist or other mental health professional may be referred to for treatment of mental health concerns. Mental health professionals are trained to assess, diagnose and treat a full range of emotional and psychological problems. Other professionals who may be helpful include: psychiatric nurses, social workers, community mental health workers or occupational therapists. Some mental health care providers specialize in specific problems or age groups.

Comfort levels for sharing mental and emotional concerns differ for everyone. Health care providers understand this and will talk about things at a pace that is comfortable for each person. It is always okay to ask a health care provider questions.
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ABORIGINAL ORGANIZATIONS & COMMUNITY SUPPORTS
Many community agencies and Aboriginal organizations in Winnipeg offer services and supports to adults, children and families. Generally, there are no costs for these services but there may be a wait for some services. This section has been divided into four main areas for easier reference:

Aboriginal & Community Supports

Aboriginal & Community Support Services

- Ahatsini Min-Ayawin
  Room 215–181 Higgins Avenue, Winnipeg, MB R3B 1L2
  Phone: 204-925-5754
  info@ahatsini.mb.ca
  800-780-8086
  www.ahatsini.mb.ca

  Offers family and individual support that encourages healthy parenting circles, access to Elders, parenting programs, traditional healing, advocacy, child welfare assessment, and referrals to other community services.

- Aboriginal Health and Wellness Centre of Winnipeg, Inc. (AHWC)
  215–181 Higgins Avenue, Winnipeg, MB R3B 1L2
  Phone: 204-925-5754
  www.ahwc.org

  A community and culturally focused Centre offering services and resources using traditional and Western models (traditional healers and elders are available).

Program includes:
- Aboriginal Min-Ayawin (Children’s Healing)
- Head Start Program
- Wellness Centre
- Wellness Centre-Traditional Services & Programs
- Women’s Healing Program
- Men’s Healing Program
- Staying Safe
- Indian Residential School Program

- Andrews Street Family Centre
  232 Andrews Street, Winnipeg, MB R2W 4T1
  Phone: 204-591-7237
  Drop-in centre, serves youth ages 6 to 17 years.

- EAGLE Urban Transition Centre
  225–275 Portage Avenue, Winnipeg, MB R2H 2B1
  Phone: 204-956-3050
  A First Nation agency that assists and advocates for First Nation people who have relocated to Winnipeg.

- Eyaa-keen Centre Inc.
  517 Notre Dame Avenue, Winnipeg, MB R3B 1L2
  Phone: 204-783-3776
  Fax: 204-286-7392
  Toll Free: 1-877-424-1443
  www.eyaa-keen.org

  Eyaa-keen Centre services focus on providing an integrated physical, emotional, mental and spiritual healing and development at the person’s pace. Provides Aboriginal traditional, intergenerational, multi-disciplinary treatment for adult Aboriginal individuals, couples and groups. By offering treatment for trauma and major loss, group work, therapeutic training and individual support, all with a view to personal and community healing, change and development.

- Ilke-Widdjuitwin
  770 Sargent Avenue, Winnipeg, MB R2W 4M5
  Phone: 204-582-3113
  The Ilke-Widdjuitwin is a drop-in resource centre that provides social, emotional and spiritual support. The Centre operates in a spiritual context that combines both the Aboriginal traditional ways with Western properties.

- Ka Ni Kaushik, Inc.
  505 McDermot Avenue, Winnipeg, MB R3A 0B5
  Phone: 204-953-5820
  www.kani-kaushik.ca

  Provides Aboriginal identified programs and services that focus on wellness and wellness initiatives and that build on the strengths and resilience of Aboriginal Peoples.

- Kivalliq
  Inuit Services
  310 Bannerman Street, Winnipeg, MB R3G 2A8
  Phone: 204-697-1020
  Fax: 204-697-1035
  Offers private care coordination, appointment booking, discharge planning, travel arrangements and interpreter services to people registered with Sunnami Health.

- Ma Mawi Wi Chi Itana Centre Inc.
  645 King Street, Winnipeg, MB R2W 2C1
  Phone: 204-925-0358
  Fax: 204-944-5502
  Toll Free: 1-866-942-1274
  www.mmwichtana.com

  Provides a variety of supports and programs including:
  - Weekly Sweat Lodge ceremonies
  - Women’s Journey to Healing
  - Emergency Services (inform, counselling)
  - Home Based Crisis Intervention Services

- Native Women’s Transition Centre
  105 Aikins Street, Winnipeg, MB R2W 4M5
  Phone: 204-982-0144
  Fax: 204-982-0143
  www.nativewomen.mb.ca

  A shelter/home for Aboriginal women and their children. Offers support and healing services.

- North End Women’s Centre, Inc.
  390 Kildonan Avenue, Winnipeg, MB R3B 1L2
  Phone: 204-943-3844
  Fax: 204-943-3844
  www.northendwomen.org

  Provides health services to families, or caregivers seeking support and consultation for parents or children at ages 0 to 18) experiencing emotional or behavioral concerns as well as symptoms of mental illness. The Intake Worker will help the caller to determine which service will best meet the needs of the situation.

- Primary Care Community Health Centre
  192–191 Corydon Avenue, Winnipeg, MB R3M 0N6
  Phone: 204-982-2505
  Fax: 204-982-2505

  Provides primary care services to families and who are experiencing mental health problems. Some clinics serve their community area only and may have a wait list. Call for details.

- Access River East
  177 Steeples Highway, Winnipeg, MB R2L 6L7
  Phone: 204-938-5000
  Fax: 204-925-1700

- Aikins Street – Community Health Centre
  451 Aikins Street, Winnipeg, MB R2W 4L5
  Phone: 204-946-1025
  Fax: 204-946-1025

- Youville Centre
  51 Marion Street, Winnipeg, MB R2N 0B8
  Phone: 204-233-1520
  Fax: 204-233-1540

- Hope Centre Health Care Inc.
  260 Powery Street, Winnipeg, MB R2W 5L1
  Phone: 204-975-0951
  Fax: 204-987-4025
  www.hopecentre.ca

- Klinik Community Health Centre
  870 Portage Avenue, Winnipeg, MB R3G 0F1
  Phone: 204-764-4095

- Health Atrium Centre
  425 Eight Avenue, Winnipeg, MB R3A 1P2
  Phone: 204-788-1244

- Mount Carmel Clinic
  150 Main Street, Winnipeg, MB R2W 5L4
  Phone: 204-282-2217

- Nine Circles Community Health Services
  705 Broadway Avenue, Winnipeg, MB R3G 0M1
  Phone: 204-749-4003
  711 Lisgar, Winnipeg, MB R2M 4L1
  Phone: 204-943-3903

- The Winnipeg Regional Health Authority Community Health Clinics offer a range of health services including mental health services. Some clinics service their community area only and may have a wait list. Call for details.

- Intake Worker will help the caller to determine which service will best meet the needs of the situation.

- Adult Community Mental Health Services
  204-942-2455

  The Community Mental Health Program includes a range of services designed to help adults experiencing mental health problems. The range of community mental health services includes:
  - Case Management
  - Rehabilitation Services
  - Socialized Treatment Services
  - Supported Housing Services
  - To access any of the above, call Central intake. Central intake staff will take the information and forward it on to the Mental Health Access Coordinator who will assess the need for mental health services and connect as appropriate.

- Hospital Mental Health Services
  Hospitals offer inpatient and outpatient mental health (psychiatric) services. Outpatient services may be individual appointments with a doctor or may involve attendance in group therapy.

  If necessary, a psychiatrist may admit a client to the inpatient unit for more serious conditions and to monitor the person’s progress with treatment more closely. Inpatient care involves care from nurses, social workers, occupational therapists, and psychiatrists. Upon discharge from hospital, follow-up services may also be provided.

  Services available at:
  - Grace Hospital
  - Health Sciences Centre
  - St. Boniface General Hospital
  - Victoria General Hospital

- The Aboriginal Traditional Wellness Clinic
  The Aboriginal Traditional Wellness Clinic at the Health Sciences Centre provides people an opportunity to work healing using a traditional healing approach. The clinic is open 4 days per month.

  Registration: 204-942-0880

- Youville Centre
  251–181 Higgins Avenue, Winnipeg, MB R3B 1L2
  Phone: 204-956-7070
  Fax: 204-956-7070
  www.youville.org

  Provides a Peer Support Program, Anger Management Program, Grad Program (to assist women who have suffered a loss) and Soul Survival Program (to assist those who have suffered abusive relationships).

- Rainbow Resource Centre
  176 Scott Street, Winnipeg, MB R3L 0L3
  Phone: 204-474-1252 ext. 211
  Fax: 204-476-9310
  www.rainbowresourcecentre.org
  info@rainbowresourcecentre.org

  Provides many different services and resources using traditional and Western models (traditional healers and elders are available).

- Regional Aboriginal Healing Services
  www.abcentre.org/health.html

  Winnipeg, MB R3B 3G1

  and Wellness Centre

  traditional healing, advocacy, to Elders, parenting programs, living. Sharing circles, access to Elders, parenting programs, traditional healing, advocacy, child welfare assessment, and referrals to other community services are available.
Addictions

Al-Anon/Alateen
www.ocdmanitoba.ca
Toll Free: 1-800-263-1460
Fax: 204-775-3497

Addictions Foundation of Manitoba
101-4 Fort Street, Winnipeg, MB R3C 1Y9
Phone: 204-947-0194
Fax: 204-944-8337

Addictions Foundation of Manitoba Youth Community Based Services
200 Bannatyne Avenue, Winnipeg, MB R3C 1Z4
Phone: 204-663-0050
Fax: 204-663-0051

Addictions Recovery Inc.
95 Cathedral Avenue, Winnipeg, MB R3N 0G7
Phone: 204-586-2555
Fax: 204-586-2553

Alcoholics Anonymous
258 Lake Ridge Road, Winnipeg, MB R2K 1K3
Phone: 204-227-0436

Counselling Services

The path to wellness may include medical treatment, professional counselling, or therapy. Counselling can address one or more of the following issues:
- Effective coping
- Strategies for daily living
- Restoration and family communication

More information on addictions treatment services and support can be viewed at: www.manitoba.ca/health/addictions

Addiction Self-Help Groups

Al-Anon/Alateen
www.ocdmanitoba.ca
Toll Free: 1-800-263-1460
Fax: 204-775-3497

Addictions Foundation of Manitoba
101-4 Fort Street, Winnipeg, MB R3C 1Y9
Phone: 204-947-0194
Fax: 204-944-8337

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- Effective coping
- Strategies for daily living
- Restoration and family communication

Counselling services are also provided by the community agencies listed next. You will not need a referral from a doctor. There may be a fee or no fee for the counselling or there may be a wait list. It is best to call the agency and ask for information about their counselling services.

Here are some possible questions to ask the counselling service before a first appointment:
- Do the counselors have any experience or knowledge of counselling Aboriginal people?
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Mental Health Crisis Response Centre
The Mental Health Crisis Response Centre in Winnipeg is a central point of access for adults experiencing a mental health crisis, accessible 24 hours a day, 7 days a week within an atmosphere that promotes healing and recovery. This Centre of Excellence in crisis resolution ensures expert short-term clinical and support services are available through walk-in services, mobile services and scheduled appointment services, combined with planned linkage and referral to appropriate services and supports.

The Crisis Response Centre is designed for adults who are experiencing:
- Personal distress and who are at risk of harm associated with the immediate crisis including suicide.
- Symptoms of a mental health condition which requires assessment and treatment.
- Circumstances which require de-escalation to prevent violence.
- Mental health problems that, if left untreated, may prevent hospitalization.
- Emotional trauma, where assessment, crisis intervention and linkage to longer-term services can be made.
- Difficulty obtaining help after hours when mental health service providers are not available.

Crisis Line: 204-942-7910
Fax: 204-942-3844
www.newdirections.mb.ca

The Laurel Centre
151 Rosebud Road, Winnipeg, MB R3E 0A8
Phone: 204-938-5994
Fax: 204-453-7748
161 Dafoe Building, Service Centre
Winnipeg, MB R3B 2M7
Phone: 204-942-7910
Fax: 204-775-4988
www.rayinc.ca

The Adoption Act. The role of the Children’s Advocate is to support children and young people who are involved, or should be involved, in the child and family service system.

First Nations Disability Association
501-294 Portage Avenue, Winnipeg, MB R3B 0A9
Phone: 204-932-5550
Fax: 204-932-9005
www.fnadmb.org

Manitoba Human Rights Commission
700-175 Hargrave Street, Winnipeg, MB R3B 1K9
Phone: 204-942-3052
Fax: 204-945-1292
www.mhrb.mb.ca

Receives inquiries and complaints under the Manitoba Act from people who believe they have been treated unfairly by departments and agencies of the provincial government or a municipal government.

Personal Health Information Act
300 Carlton Street, Winnipeg, MB R3B 2R9
Phone: 204-780-6125
Fax: 204-942-1525
The Act sets out rules that all health information "owners" must follow. "Owners" are persons or organizations that keep records of your health information.
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SPIRITUAL SUPPORT
Various organizations provide spiritual support services in the Winnipeg area. The following are some of the spiritual support resources:

Anishinabe Fellowship
415 Logan Avenue, Winnipeg, MB R3A 0A4
Phone: 204-942-8882
Fax: 204-957-5001
www.wicm.ca/aboriginal

Circle of Life — Anishinabe Circle of Life
Emergency: 204-803-4715
Fax: 204-580-0932
Winnipeg, MB R2W 5M9
(Upstairs to Church Cathedral)
135 Anderson Avenue, Winnipeg, MB R2W 5M9
Phone: 204-580-0932
Fax: 204-580-0932
Emergency: 204-803-4715

Diabete-eng.php
www.hc-sc.gc.ca/hc-ps/dc-ma/

Traditioal HEALING
Aboriginal Traditional Wellness Clinic
The Health Sciences Centre runs an Aboriginal Traditional Wellness Clinic for patients of the hospital. The clinic runs two days per month and service is provided on a first come, first served basis (patients who urgently need the clinic’s services may be given priority). Services include:

• Prayer
• Psychosocial and spiritual counseling
• Life-style counseling
• Liaison and access to community healing supports prior to discharge
• Individual and family ceremonies for healing and rites of passage
• Spiritual cleansing
• Traditional assessment
• Herbal remedy and treatment recommendations

To Register, Phone: 204-940-8880

Thunderbird House
175 Main Street, Winnipeg, MB R3B 3N7
Resident Elder: 204-940-4240
www.thunderbirdhouse.com

North End Community Ministry
764 Ellen Avenue & 568 Home Street
Winnipeg, MB
Phone: 204-783-7215
Fax: 204-783-4851

Rupert’s Land Wechetowin Inc.
135 Anderson Avenue, (Upstairs of Church Cathedral)
Winnipeg, MB R2W 5M9
Phone: 204-580-0932
Fax: 204-580-0932
Emergency: 204-803-4715

Physic Activity Information
Leisure Guide — Community Services
www.winnipeg.ca/cms/
recreation/leisureguide.stm
Wellness Institute
www.wellnessinstitute.ca

WEBSITES
Aboriginal information
Aboriginal Affairs and Northern Development
www.aadnc-aandc.gc.ca
Aboriginal Healing Foundation
www.ahf.ca
Manitoba Aboriginal and Northern Affairs
www.gov.mb.ca/ana
Winnipeg Regional Health Authority
www.weathermb.ca
My Right Care
www.myrightcare.ca
National Aboriginal Health Organization
www.naho.ca

Mental Health Information
Native Mental Health Association of Canada (British Columbia)
www.nmhac.ca
Mental Health Education Resource Centre
www.mbhec.mb.ca
Canadian Mental Health Association
www.cmha.ca
Mental Health Commission of Canada
www.mhcommission.ca
Canadian Association for Suicide Prevention
www.casp-accps.ca
Manitoba Suicide Line
Help Line: 1-877-435-7170
www.reasonlive.ca
Mental Health First Aid
www.mentalhealthfirstaid.ca

YMCA-YWCA
www.ymcaYWCA.mb.ca
YMCA-YWCA Mental Health Services
www.ymcaYWCA.mb.ca/mentalhealth.html
Winnipeg in Motion — Physical Activity Website
www.winnipegimotion.ca

Nutrition Information
Province of Manitoba — Food and Nutrition
www.gov.mb.ca/healthyliving
Health Canada
Health Canada — Diabetes Information

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YMCA-YWCA
410 Logan Avenue, Winnipeg, MB R3A 0A4
Phone: 204-942-8882
Fax: 204-957-5001
www.wicm.ca/aboriginal

YMCA-YWCA Mental Health Services
www.ywcaYWCA.mb.ca/mentalhealth.html
Winnipeg in Motion — Physical Activity Website
www.winnipegimotion.ca

Nutrition Information
Province of Manitoba — Food and Nutrition
www.gov.mb.ca/healthyliving
Health Canada
Health Canada — Diabetes Information

Every effort was made to ensure the information in this guide was accurate at the time of printing. We apologize for any errors or omissions. For more copies of this guide, please call 204-940-8881.