

# Mental Health



Your mental health is an important part of feeling good and being content. In Canada, one in five adults have a mental health concern sometime in their lives. If you experience mental health issues, such as stress, anxiety, depression or other mental disorders, you should get help.

- **Stress** is how your body responds to a difficult situation. Stress can help you survive challenges in your life. But, it can also hurt your body and mind if you have too many challenges. You can become sick, tired or even have strokes or heart attacks if you have too much stress. Stress can also lead to serious mental health concerns.
- **Anxiety** is when you respond to normal situations or people with fear, dread, worry or panic. Your body can also respond to anxiety. Your heart might beat faster or you might sweat or have difficulty breathing.
- **Depression** is when you have feelings of sadness or hopelessness that do not go away. You might feel pain or fatigue as a physical reaction.

## Trauma and Post Traumatic Stress Disorder (PTSD)

Refugees often experience war, violence or other kinds of trauma. If you experienced trauma, you may fear authority. Or, it might be hard to trust other people. Some people lose their memory or feel depressed or anxious. Other people develop post-traumatic stress disorder (PTSD), which is a serious mental health concern.

Children who experience trauma may start to behave as if they are younger than their age. Sometimes they refuse to speak or will not leave their parents, even to go to school. Children who experienced trauma need special care.

- More information:  
<https://www.adam.mb.ca/post-traumatic-stress-disorder>

## Getting Help

If you or someone in your family is experiencing mental health concerns, get help. You can talk to your doctor, settlement worker, social worker or spiritual advisor. There are many free counselling services at mental health organizations and community health centers.

If you have a job, you may have access to the Employee Assistance Program (EAP) or Employee Family Assistance Program (EFAP). You can get free counselling services and find the support you need.

Your doctor can also suggest a therapist who specializes in trauma and PTSD. Winnipeg's Mental Health Crisis Response Centre helps you heal and recover. They offer many different crisis services. If you need help, you can walk in or schedule an appointment.

- Learn more:  
<https://sharedhealthmb.ca/services/mental-health/crisis-response-centre/>



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Funded by:  
Immigration, Refugees  
and Citizenship Canada

Financé par :  
Immigration, Réfugiés  
et Citoyenneté Canada

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## Resources

Here are some mental health crisis helplines:

- Klinik Crisis Line  
204-786-8686 or 1-888-322-3019  
TTY 204-784-4097
  - Manitoba Suicide Prevention and Support Line  
1-877-435-7170 (1-877-HELP170)  
Kids Help Phone (available to Manitoba Youth)  
1-800-668-6868
  - Klinik Sexual Assault Crisis Line  
204-786-8631 or 1-888-292-7565  
TTY 204-784-4097
  - Manitoba Farm, Rural and Northern Support Services  
<https://supportline.ca/> - online counselling  
1-866-367-3276 (hours Mon-Fri 10 am to 9 pm)
  - First Nations and Inuit Hope for Wellness Help Line  
1-855-242-3310  
Counselling is available in English and French. Cree, Ojibway, and Inuktitut available if you request it.
- More information:  
<https://www.gov.mb.ca/health/mh/crisis.html>  
<https://mbwpg.cmha.ca/mental-health/>

## Refugee Health Line

Health Links - Info Santé is a telephone information service. Registered nurses can answer your health questions over the phone and guide you to the care you need. If you need a language interpreter, the nurses can find one for you. Call anytime 204-788-8200 or toll-free 1-888-315-9257. Open 24 hours 7 days a week.

- More information:  
<https://www.manitoba.ca/health/primarycare/providers/>

## Interim Federal Health Program (IFHP)

The IFHP provides temporary health care coverage to resettled refugees, refugee claimants and other groups who cannot get health insurance in Manitoba. The IFHP does not pay for services or products that you can claim with a private insurance plan.

- More information:  
<https://www.canada.ca/en/immigration-refugees-citizenship/services/refugees/help-within-canada/health-care/interim-federal-health-program/services.html>

## Mental Health and Addiction Services for Refugees

Here is a list of mental health and addiction services you can access if you are a refugee.

Winnipeg Regional Health Authority (WRHA) Child and Adolescent Mental Health Centralized Intake	<b>204-958-9660</b>
Youth Addictions Service	<b>1-877-710-3999</b>
WRHA Adult Community Mental Health Central Intake	<b>204-788-8330</b>
WRHA Adult Mental Health Mobile Crisis Services	<b>204-940-1781</b>
Manitoba Addictions Information Line	<b>1-855-662-6605</b>

**Important Note:** In life threatening situations, call 911 for immediate help or go to the nearest hospital emergency department.

- More information:  
[https://www.gov.mb.ca/health/primarycare/providers/docs/triageguide\\_resource\\_list.pdf](https://www.gov.mb.ca/health/primarycare/providers/docs/triageguide_resource_list.pdf)