



COVID CONVOS

MENTAL HEALTH RESOURCES
FOR STUDENTS DURING
UNCERTAIN TIMES

UWINNIPEG RESOURCES



UW Student Counselling Services:

- Contact us by phone at 204.988.7611
- Email at studentwellness@uwinnipeg.ca between 8.30am - 4.30pm, Monday to Friday.

Mind BEACON: Mental health resources for UWinnipeg students covered by UWSA Green Shield Health Plan

ONLINE RESOURCES

- The Centre for Addiction and Mental Health: Canada's largest mental health teaching hospital.
- Online Mental Health Guide: Excellent article about smartphone addiction with helpful tools.
- Mental Health America: Lots of tools and resources.
- UWinnipeg Wellness:
@uwpgwelnesscentre

ONLINE RESOURCES

- [Covid Convos via Sunshine House on Facebook Live](#)
- [Mutual Aid Society Facebook Group](#)
- [BIPOC Mental Health Workers Resource List-Central Neighbourhoods](#)

Manitobans will also soon have access to a new digital therapy program, [AbilitiCBT](#), to help with anxiety symptoms related to the COVID-19 pandemic.

TED TALKS


- Is Social Media Hurting Your Mental Health? by Bailey Parnell
- What You Are Missing While Being a Digital Zombie by Patrik Wincent
- How Social Media Makes Us Unsocial by Allison Graham
- Addicted To Likes by Poppy Jamie
- Social Media Addiction by Leslie Cutterand

IF YOU'RE EXPERIENCING A MENTAL HEALTH CRISIS, PLEASE CONTACT

- KLINIC Crisis Line: 204-786-8686
- Manitoba Suicide Line: 1-877-435-7170
- Crisis Stabilization Unit: 204-940-3633
- Mobile Crisis Service: 204-940-1781
- Youth Mobile Crisis Team: 204-949-4777
- Seneca House: 204-942-9276 (7 PM - 11 PM)
- Kids Help Phone: 1-800-668-6868
- Kids Help Phone Text Service (Open to all ages): Text 686868
- MB Farm & Rural Support Services: 2-866-367-3276


IF YOU'RE EXPERIENCING A MENTAL HEALTH CRISIS, PLEASE CONTACT

- Hope for Wellness Line (Phone and Online Chat) for Indigenous peoples: Counselling available in Anishiniabemowin, Cree/Ininiw, Inkutitut, English, and French
- Anxiety Disorders Association of Manitoba (ADAM): 204-925-0040 Support line to assist people who are struggling with anxiety related to COVID-19.
Hours are:
Mon - Fri: 9 AM - 9 PM
Sat - Sun 10 AM - 4 PM



Teen Clinics available
to people under 21:
Drop in available but
need to call ahead
due to COVID-19

**IN-PERSON
RESOURCES**



Resources recommendations provided by
COVID COPING panelists:

- Cori Jaye Elston, Art Services and Mentoring
- Brian Theriault, MEd. CCC, Clinical Coordinator /
Counsellor, and Student Counselling Services at
UWinnipeg
- Hema Krueger Vyas, Health Educator &
Community Organizer