

After-hour support numbers:

- Health Links (204) 788-8200
- Klinik Crisis Line (204) 786-8686
- Klinik Sexual Assault Line (204) 786-8631
- MB Suicide Line 1-877-435-7170
- Youth Mobile Crisis Team (204) 949-4777
- Macdonald Youth Services (204) 477-1804
- WRHA *Adult* Mobile Crisis (204) 940-1781
- WRHA *Adult* Crisis Stabilization Unit (204) 940-3633
- Crisis Response Centre (18+) walk-in @ 817 Bannatyne Ave
- Addictions Foundation of MB (204) 944-6200
- Kids Help Phone 1-800-668-6868 **OR** text: connect to 686868

<https://kidshelpphone.ca/get-info/were-here-for-you-during-covid-19-novel-coronavirus/>

<https://globalnews.ca/video/6672045/how-to-handle-anxiety-over-the-covid-19-virus>