

# CODEC – Clinical Explorations Course Resources and Knowledge Materials

Updated Winter 2024

## Mental Health and Addiction Care and Access Resources

### Service Navigation and Resource Finders

Manitoba 211 <https://mb.211.ca> or call “211”

- listing of mental health and addiction services
- listings of acute care and hospital services
- listings of employment, education and income support resources
- listing of youth and senior resources

Manitoba Addictions Helpline <http://mbaddictionhelp.ca/> or call/text 1-855-662-6605

Rapid Access to Addictions Medicine (RAAM) Clinics

<https://sharedhealthmb.ca/services/mental-health/raam-clinic/>

MB- Canadian Mental Health Association: Service Navigation Hub

- 204-775-6442
- Email [hub@cmhawpg.mb.ca](mailto:hub@cmhawpg.mb.ca)

Shared Health Mental Health and Wellness Finder

<https://sharedhealthmb.ca/services/mental-health/mental-health-and-wellness-resource-finder/>

Mental Health Resources Guide for Winnipeg

<https://mbwpg.cmha.ca/resources/mental-health-resource-guide-for-winnipeg/>

\*check your local CMHA site for a resource guide in your area

Manitoba Adolescent Treatment Centre Resources: <https://matc.ca/resources/>

### Indigenous Resources

- Shared Health Indigenous Health (also links to SDO sites)  
<https://sharedhealthmb.ca/about/community/indigenous-health/>
- WRHA Indigenous Health – Cultural Safety Resources  
<https://wrha.mb.ca/indigenous-health/cultural-safety-resources/>
- Native Addictions Council of Manitoba <https://nacm.ca/>  
- Phone: 204-586-8395 or Brandon: 204-726-9300
- Aboriginal Health and Wellness Centre <https://ahwc.ca/>

- First Nations and Inuit Health Branch – NHIB health and counselling benefits <https://www.sac-isc.gc.ca/eng/1584644191845/1584644225993>
- Jordan’s Principle (Assembly of Manitoba Chiefs) <https://manitobachiefs.com/advocacy/jordans-principle/>
- Substance use treatment centres for Indigenous Individuals <https://www.sac-isc.gc.ca/eng/1576090254932/1576090371511>
- Manitoba Keewatinowi Okimakanak (MKO) <https://mkonation.com/>

## Youth Resources

- Huddle Manitoba <https://huddlemanitoba.ca/>
- Klinik Community Health Centre [www.klinik.mb.ca](http://www.klinik.mb.ca) or 204-786-8686
- The Link – MacDonald Youth Services <https://thelinkmb.ca/>
- Marymound <https://marymound.com/> or 204-338-7971
- Resource Assistance for Youth (RaY) [www.rayinc.ca](http://www.rayinc.ca) 204-391-2209
- KIDTHINK <https://www.kidthink.ca/>
- Teen Talk [www.teentalk.ca](http://www.teentalk.ca) or 204-784-4010

## 2SLGBTQ+ Resources

- Shared Health 2SLGBTQQIA+ Community <https://sharedhealthmb.ca/about/community/2slgbtqqia/>
- Rainbow Resource Centre <https://rainbowresourcecentre.org/>
- Pride Winnipeg <https://pridewinnipeg.com/>
- Collectif LGBTQ\* Du Manitoba <https://collectiflgbtq.ca/>
- Trans Health Klinik [www.klinik.mb.ca/health-care/transgender-health-klinik](http://www.klinik.mb.ca/health-care/transgender-health-klinik)
- 2Spirit Manitoba <https://twospiritmanitoba.ca/>
- Sexuality Education Resource Centre MB <https://serc.mb.ca/>

## Newcomer Resources

- Manitoba Association of Newcomer Serving Organizations <https://mansomanitoba.ca/>
- Newcomer Collaborative Community Mental Health Service <https://aurorafamilytherapy.com/newcomer-programs/newcomer-collaborative-community-mental-health-service/>
- Immigrant Centre <https://www.icmanitoba.com/>
- Immigrant Women’s Counselling service [https://norwestcoop.ca/program\\_service/immigrant-womens-counselling/](https://norwestcoop.ca/program_service/immigrant-womens-counselling/) or 204-940-6624

## Harm Reduction Resources

- Street Connections (HR supplies and supports) <https://streetconnections.ca/>
- Manitoba Harm Reduction Network <https://mhrn.ca/>
- Nine Circles Community Health Centre <https://ninecircles.ca/programs-services/harm-reduction-services/>
- MOPS Mobile Overdose Prevention Site/Sunshine House <https://www.sunshinehousewpg.org/mops>
- NORS National Overdose Response Service – safer consumption <https://www.nors.ca/> or 1-888-688-NORS(6677)

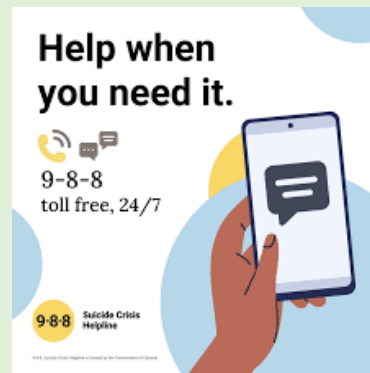
## Crisis Resources

- **Canada Wide: Call or text “988”**

### Regional Crisis Lines:

#### Winnipeg RHA

- Crisis Response Centre  
<https://sharedhealthmb.ca/services/mental-health/crisis-response-centre/>
  - 817 Bannatyne Avenue (attend in person)
  - Phone line 204-940-1781
- Youth Mobile Crisis Team (youth 20 and under): 204-949-4777 or 1-888-383-2776



#### IERHA

- <https://www.ierha.ca/programs-services/mental-health/crisis-services/>
- 24 hour Crisis Services Line: 204-482-5419 or 1-866-427-8628
- Mobile Crisis Response – youth and adult outreach: 204-482-5376 or 1-877-499-8770
- Crisis Stabilization Unit: 204-482-5361 or 1-888-482-5361

#### Southern Health

- <https://www.southernhealth.ca/en/finding-care/find-a-service/mental-health/>
- Southern Regional Health Authority Crisis Support: 1-888-617-7715
- Wellness Support Lines
  - Steinbach 204-346-7038
  - Portage la Prairie 204-239-2332
  - Winkler 204-325-6585

### Prairie Mountain Health

- <https://prairiemountainhealth.ca/programs-and-services/mental-health/adults/crisis-services/>
- Crisis Services Phone Line
  - North Adult and Youth: 1-866-332-3030
  - South Adult: 1-888-379-7699 or 204-725-4411
  - South Youth: 1-866-403-5459
- Mobile Crisis Unit: 204-725-4411
- Crisis Stabilization Unit: 204-727-2555 | Fax 204-726-4665

### Northern Health

- <https://thompson.cmha.ca/mental-health/find-help/>
- Northern Crisis Service for Youth (17 and under): 204-778-1472 or 1-866-242-1571
- Youth - Hope North Crisis Response and Recovery centre: 204-778-9977

### **Additional Crisis and Support Lines:**

- Clinic Crisis Services: Main Line: (204) 786-8686 or Toll free: 1-888-322-3019
- Manitoba Farm, Rural & Northern Support Services: Toll free: 1-866-367-3276 or visit [www.supportline.ca](http://www.supportline.ca)
- First Nations & Inuit Hope for Wellness Help Line: 1-855-242-3310
- National Indian Residential School Crisis Line – 1-866-925-4419
- Missing and Murdered Indigenous Women and Girls Support Line - 1-844-413-6649
- Manitoba Suicide Prevention & Support Line: 1-877-435-7170 or visit [www.reasonstolive.ca](http://www.reasonstolive.ca)
- Sexual Assault Crisis Line: Phone: (204) 786-8631 or Toll free: 1-888-292-7565
- Manitoba Domestic Abuse Support Line and Manitoba Association of Women's Shelters <https://maws.mb.ca/> (if in immediate danger call 911): call 1-877-977-0007 or text: 204-792-5302
- Human Trafficking Crisis Line: 1-844-333-2211
- Gambling Helpline: 1-800-463-1554
- Seniors Abuse Support Line (9am – 5pm): 1-888-896-7183
- The Link: Youth and Family Supports: 204-949-4777 or 1-888-383-2776
- Youth Crisis Shelter Winnipeg 204-477-1804
- Youth Crisis Shelter Thompson 204-778-5382
- Kids Help Phone 1-800-668-6868 or Text CONNECT to 686868  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca)
- Youth Addictions Stabilization Unit (YASU) via Youth Addictions Centralized Intake (YACI) 1-877-710-3999

## Web Resources

### Institutions, Associations, and Guiding Bodies

- American Psychiatric Association [www.apa.org](http://www.apa.org)
- Canadian Association of Mental Health [www.camh.ca](http://www.camh.ca)
- Canadian Centre on Substance Use and Addiction [www.ccsa.ca](http://www.ccsa.ca)
- Canadian Psychiatric Association [www.cpa-apc.org](http://www.cpa-apc.org)
- Canadian Psychological Association [www.cpa.ca](http://www.cpa.ca)
- Centre for Addictions and Mental Health [www.camh.net](http://www.camh.net)
- Mental Health Commission of Canada [www.mhcc.ca](http://www.mhcc.ca)
- National Institute of Mental Health [www.nimh.nih.gov](http://www.nimh.nih.gov)
- NAADAC, the Association for Addiction Professionals <https://www.naadac.org/>
- SAMHSA – Substance Abuse and Mental Health Services Administration <https://www.samhsa.gov/>

### Learning and Resources for Staff

The Comorbidity Guidelines. Australian guidelines and learning materials on the management of Co-occurring alcohol and other drug and mental health conditions <https://comorbidityguidelines.org.au/>

BC MH and SUD Services – Concurrent Disorders Curriculum <https://centreforlearning.bcmhsus.ca/project/concurrent>

Cracks in the Ice – Methamphetamine training <https://cracksintheice.org.au/>

LEAP Institute. Model of engagement for those with impaired insight due to psychiatric illness <https://leapinstitute.org/>

INTREPID Lab (Nicotine Addiction) A leading hub for smoking and vaping treatment, research & education <https://www.nicotinedependenceclinic.com/en>

Canadian Consortium for Early Psychosis Intervention. National organization in advocacy for development, implementation and improvement of early psychosis intervention services <https://www.epicanada.org>

SBIRT Toolkit from Institute for Research, Education and Training in Addictions. <https://ireta.org/resources/sbirt-toolkit/>

SBIRT – Training IOWA <https://sbirt.uiowa.edu/training>

100 Ways to Support Recovery: A guide for mental health professionals by Mike Slade and Rethink Mental Illness. <https://www.rethink.org/advice-and->

[information/living-with-mental-illness/treatment-and-support/100-ways-to-support-recovery/](https://www.ccsa.ca/information/living-with-mental-illness/treatment-and-support/100-ways-to-support-recovery/)

CCSA Report: Intersection of Substance Use and Suicide: Evidence and Key Take-Aways <https://www.ccsa.ca/intersections-substance-use-and-suicide-evidence-and-key-take-aways>

Training Institute for Suicide Assessment and Clinical Interviewing. Website provides information to mental health and substance use professionals on the workshops, books and consultations provided by TISA. <https://suicideassessment.com>

SPRAM from Alberta Health. Suicide Prevention, Risk Assessment & Management (SPRAM) is an eLearning series that responds to the foundational learning needs of health care providers, particularly those working in Addiction and Mental Health <https://www.albertahealthservices.ca/info/page14579.aspx>

PACES MHA training from Alberta Health. <https://www.albertahealthservices.ca/info/Page16083.aspx>

MHCC Online Suicide Prevention Modules for Health Care Professionals <https://mentalhealthcommission.ca/training/online-modules-for-healthcare-professionals>

Indigenous Cultural Safety Collaborative Learning Series. This national webinar series provides an opportunity to share knowledge, experiences, and perspectives in support of collective efforts to strengthen Indigenous cultural safety across sectors. <https://www.icscollaborative.com/home>

### **Learning and Resources of Individuals**

Mind UK – Mental health resources and information <https://www.mind.org.uk/>

Mind Your Mind. Mental Health collective for youth supporting knowledge building, engagement and wellness [www.mindyourmind.ca](http://www.mindyourmind.ca)

Teen Mental Health. Youth side with mental health and addiction information [www.teenmentalhealth.org](http://www.teenmentalhealth.org)

Help with Drinking. Information and guidance about alcohol use based on evidence and lived experience <https://helpwithdrinking.ca>

## Lower-risk and Harm Reduction Guidelines and Resources

- Canada's Guidance on Alcohol and Health – professional resources <https://www.ccsa.ca/canadas-guidance-alcohol-and-health>
- Canada's Guidance on Alcohol and Health – public campaign <https://drinklesslivemore.ca/>
- Lower Risk Cannabis Use Guidelines <https://crism.ca/projects/cannabis/>
- Lower-Risk Cannabis Use Guideline for Psychosis <https://labo-iutras-aswad.ca/en/toolkit/>
- Lower-Risk Nicotine Use Guidelines <https://www.nicotinedependenceclinic.com/en/lower-risk-nicotine-user-guidelines>
- Cannabasics: A Primer for Health and Social Service Providers <https://substanceuse.ca/cannabasics-primer-health-and-social-service-providers>
- Understanding Substance Use Educator's Guide <https://www.ccsa.ca/sites/default/files/2022-09/Understanding-Substance-Use-Educators-Guide-en.pdf>
- CATIE – Harm Reduction <https://www.catie.ca/prevention-harm-reduction/general-harm-reduction>

## Peer and Self Help

- Wellness Together Canada <https://www.wellnesstogether.ca/>
- Wellness Recovery Action Plans (WRAP) <https://www.wellnessrecoveryactionplan.com/>
- Alcoholics Anonymous in Manitoba <https://aamanitoba.org/meetings>
- Narcotics Anonymous in Manitoba <https://mascna.org/meetings/>
- SMART Recovery - <https://smartrecovery.org/>
- Internet and Technology Addicts Anonymous <https://internetaddictsanonymous.org/>
- Schizophrenia Society of Canada <https://schizophrenia.ca/>
- Peer Connections Manitoba <https://peerconnectionsmb.ca/>
- Mood Disorders Association of Manitoba (MDAM) <https://moodmb.ca/>
- Anxiety Disorders Association of Manitoba <http://www.adam.mb.ca>
- CCI Self Help Resources for Mental Health Problems <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>