

WORKPLACE MENTAL HEALTH RESOURCE GUIDE

For Employees & Employers in Manitoba Seeking Support

IMPORTANT SUPPORT NOTE

This guide provides confidential direct contacts for mental health assistance across Manitoba and the Westman area. Early intervention and psychological safety save lives and protect careers.

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Mental health concerns touch all aspects of society in Manitoba, directly shaping how we work, communicate, and thrive. According to the **Mental Health Commission of Canada (MHCC)**, **1 in 5 Canadians** experiences a mental health problem or illness each year, equating to approximately **500,000 employees** unable to work every week due to mental health concerns.

Employees struggling with psychological distress frequently learn to **"fake wellness"** in their workplaces due to fear of stigma or misunderstanding. It is essential to remember that **mental illness is a legitimate health challenge, never a weakness**. Employers must remain attentive to psychological hazards, cultivate supportive environments, and provide proactive accommodations—while ensuring every employee has clear, barrier-free access to trusted community support.

FIRST STEPS Prioritizing Mental Wellness



1. RECOGNIZE SIGNS

Changes in mood, withdrawal, exhaustion, or burnout.



2. BREAK SILENCE

Safe dialogue with HR, supervisor, or trusted peer.



3. ACCESS CARE

Confidential 24/7 helplines, therapy, or EAP.



4. SEEK SUPPORT

Accommodations, flexibility, and recovery plans.

WHERE TO GET HELP // DIRECT CONTACT DIRECTORY

Click any phone, email, or website to connect directly



Westman Crisis & Suicide Line

Immediate 24/7 adult crisis intervention, stabilization, and suicide prevention across Westman.

- Crisis Stabilization Unit (CSU) short-stay support.
- Mobile Crisis Unit for urgent community response.

📞 Westman: [\(204\) 725-4411](tel:(204)725-4411)
 📞 Toll-Free: [1-888-379-7699](tel:1-888-379-7699)
 📞 MB Suicide: [1-877-435-7170](tel:1-877-435-7170)
 🌐 Web: reasontolive.ca (SPIN)



Rural, Farm & Indigenous Line

Confidential assistance for agricultural producers, rural families, and Indigenous workers.

- Counseling for farm, financial & isolation stressors.
- 24/7 culturally competent First Nations/Inuit/Métis care.

📞 Farm/Rural: [1-866-367-3276](tel:1-866-367-3276)
 📞 Indigenous: [1-855-242-3310](tel:1-855-242-3310)
 🌐 Farm Web: supportline.ca
 🌐 Hope Web: hopeforwellness.ca



Brandon & Westman Support

Local peer recovery groups, anxiety coping strategies, and compassionate grief care.

- ADAM & MDAM evidence-based wellness workshops.
- Suicide Bereavement Group peer sessions.

📞 ADAM: [\(204\) 725-8550](tel:(204)725-8550) • adam.mb.ca
 📞 MDAM: [\(204\) 725-1232](tel:(204)725-1232) • mdam.ca
 📞 Bereave: [\(204\) 761-4093](tel:(204)761-4093)
 ✉ Email: brandonareaSBRG@gmail.com



Youth & Family Services

Mental health care for young workers, adolescents, and families across Manitoba.

- Child & Adolescent Treatment Centre (CATC) care.
- Kids Help Phone 24/7 bilingual crisis counseling.

📞 CATC Line: [\(204\) 578-2700](tel:(204)578-2700)
 📞 CATC Toll: [1-866-403-5459](tel:1-866-403-5459)
 📞 Kids Help: [1-800-668-6868](tel:1-800-668-6868)
 🌐 Web / Text: kidshelpphone.ca (Text 686868)



Community & Health Navigators

Manitoba community health navigators connecting callers to local treatment programs.

- 211 MB connects to 4,000+ social & health services.
- Addiction recovery & community clinic navigation.

📞 211 MB: [Call 2-1-1](tel:2-1-1) • mb.211.ca
 🌐 Clinic: klinik.mb.ca (Health & Crisis)
 🌐 SPIN: spinbrandon.ca (Prev. Network)
 🌐 Addictions: afm.mb.ca (Shared Health)



Immediate Safety Risk / Crisis

Physical danger, active suicide crisis, medical emergency, or immediate threat to life.

- Immediate police, fire, or paramedic response.
- Brandon Regional Health Centre (BRHC) Emergency.

📞 EMERGENCY: CALL 911

📞 Suicide Line: **Call or Text 9-8-8** (24/7)
 🏠 Hospital: **Nearest Hospital ER (BRHC)**
 🕒 Non-Emerg: [\(204\) 729-2345](tel:(204)729-2345) (Police)