

SAFE SPORT SUPPORTS & RESOURCES

There are many different mental health resources throughout Manitoba. If you are struggling with depressive thoughts, or thoughts of harming yourself or others, ***please call 9-1-1 immediately.***



National Centre for
Truth and Reconciliation
UNIVERSITY OF MANITOBA

**Indian Residential Schools Resolution Health Support Program
Manitoba: 1-866-818-3505**



**Safe Sport Line
1-833-656-SAFE (7233)**



**Kids Help Phone
1-800-668-6868**



**Manitoba Mental Health Education and Resource Centre
204-942-6568**



**Klinik Crisis Line (Manitoba Wide)
204-786-8686
1-877-435-7170 (toll free)**



**First Nations & Inuit Hope for Wellness Help Line
1-855-242-3310 (toll free)**