

NEW Digital Therapy Program Now Available

If you are 16 or older, you can access a **free and confidential** digital mental health therapy program to help address anxiety symptoms brought on by the challenging aspects of the pandemic:

- uncertainty
- social isolation

- caring for family and community members
- information overload and stress management

The Manitoba government is offering this program as part of a response to the COVID-19 pandemic.

Go to manitoba.ca/covid19 to get started today

Need help now?

- Klinic Crisis Line 204-786-8686 or 1-888-322-3019 TTY 204-784-4097
- Manitoba Suicide Prevention & Support Line 1-877-435-7170 (1-877-HELP170)
- Kids Help Phone 1-800-668-6868
- Manitoba Addictions Hotline 1-855-662-6605

- Klinic Sexual Assault Crisis Line 204-786-8631 or 1-888-292-7565 TTY 204-784-4097
- Manitoba Farm, Rural & Northern Support Services supportline.ca - online counselling 1-866-367-3276 (hours Mon-Fri 10 am to 9 pm)
- First Nations and Inuit Hope for Wellness Help Line 1 855 242-331

