

# Supports

- Indian Residential School Survivors Society 24 Hour Crisis Line: 1-866-925-4419
- Empower Me (UM students only): 1 (833) 628-5589
- U of M Student Counselling Centre: (204) 474-8592
- U of M Student Counselling Centre Student Supports: <https://umanitoba.ca/student-supports/counselling-resources-students>
- Crisis Response Centre: (204) 940-1781
- First Nations and Inuit Hope for Wellness Services: 1 (855) 242-3310
- Kid Help Line: 1 (800) 668-6868
- Canadian Mental Health Association: (204) 775-6442
- Rainbow Resource Centre: (204) 474-0212
- Canada Suicide Hotline: 1 (833) 456-4566
- Mobile Crisis Service: (204) 940-1781
- Manitoba Suicide Prevention and Support Line: 1 (877) 435-7170
- Manitoba Psychological Society: <https://mps.ca/>