

Resources to support your mental health & wellness

Resource	Description	Website
Interlake-Eastern RHA	Advice and resources to support your mental health.	Your Mental Health & COVID-19
Shared Health Manitoba	Online resource and information including the new Virtual Therapy Program .	Care for Your Mental Health Manitoba Health Virtual Therapy Program
Anxiety Disorders Association of Manitoba	Anxiety support line, help and resources	Anxiety Disorders Association of Manitoba Support Line Help and Resources Anxiety Videos , Audio Relaxation
Alcoholics Anonymous	Manitoba groups are holding online meetings , you are not limited visiting to the meeting closest to you...no online meeting is too far to attend!	AA Online Meetings in Manitoba Schedule AA Online Meetings in Manitoba Instructions
Senior Centre Without Walls	Provides educational and recreational programs in a fun and interactive atmosphere over the phone from your own home.	Senior Centre Without Walls , Programming topics include educational presentations, health and wellness, language classes, book clubs, travelogues and support groups. All programming is free of charge.
KIDTHINK healthy minds, thriving children	KIDTHINK is a mental health treatment center and outreach program that focuses on improving mental health and well being for children aged 12 and under in Manitoba.	Resources Events & Webinars Programs & Services