

Wellness Support Line



Did you know that you can reach out confidentially and speak to one of our Wellness Facilitators? We are here to listen, and connect you with resources. This is a worrying time for everyone, please don't hesitate to call your local Wellness Facilitator for the support and help that you need.

To reach someone Toll Free please call 1-877-979-WELL (9355) or contact a Wellness Team member directly at the numbers below. We are available to take your calls Mon-Fri, you can leave a confidential voicemail evenings and weekends and we will get back to you as soon possible. If you or a loved one are in crisis, please call the 24 hour Crisis Line Toll Free: 1-866-427-8628 or 204-482-5419

Arborg	Jan Keryluk	204-642-1603
Ashern	Stacie Buchanan	204-646-2504
Beausejour	Bonnie Stefansson	204-268-7440
East Side Indigenous Communities	Michelle Berthelette	204-367-5402
Eriksdale & Lundar	Stacie Buchanan	204-646-2504
Fisher Branch	Stacie Buchanan	204-646-2504
Gimli	Jan Keryluk	204-642-1603
Lac du Bonnet/Pinawa	Caroline McIntosh	204-345-1220
Interlake-Eastern Northern Remote Communities	Michelle Berthelette	204-367-5402
Oakbank (RM Springfield, Dugald, Anola)	Caroline McIntosh	204-345-1220
Pine Falls	Michelle Berthelette	204-367-5402
Riverton/Matheson Island/Pine Dock	Jan Keryluk	204-642-1603
Selkirk	Bonnie Peloski	204-785-7544
St. Laurent	Stacie Buchanan	204-646-2504
Stonewall	Caroline Le Clair	204-467-4407
Teulon	Caroline Le Clair	204-467-4407
West First Nations Communities	Stacie Buchanan	204-646-2504
Whitemouth	Marilyn Sitar	204-348-7191 ext. 4240



Bonnie
Peloski



Bonnie
Stefansson



Caroline
LeClair



Caroline
McIntosh



Jan
Keryluk



Marilyn
Sitar



Michelle
Berthelette



Stacie
Buchanan