

Manitoba First Nations Mental Health Resources

The Mental Health Resources listed with contact information here is for the use of Manitoba First Nations in the event of a crisis or need of mental health services

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CENTRAL CRISIS ORGANIZATIONS	PHONE NUMBER	EMAIL or WEBSITE
MKO Mobile Crisis Response	1-844-925-5433	crisisresponse@mkonorth.com
SCO Mobile Crisis Response	1-877-726-2880	CrisisResponse@scoinc.mb.ca
Hope for Wellness Helpline	1-855-242-3310	www.hopeforwellness.ca
Klinic Crisis Line	1-888-322-3019	https://klinik.mb.ca
988: Suicide Crisis Helpline 24/7	988	Text: 988
Manitoba Suicide Prevention/Support Line	1-877-435-7170	Reasonstolive.ca
Sexual Assault Crisis Line (24/7)	1-888-292-7565	
Trafficking Line “call the line” (24/7)	1-844-333-2211	
Manitoba Farm, Rural & Northern Support	1-866-367-3276	Supportline.ca
Manitoba Addiction Crisis Line	1-855-622-6605	MBAddictionsHelp.ca
South East Crisis & Mobile Crisis Services	1-888-617-7715	
IERHA Mobile Crisis Services	1-866-427-8628	
Prairie Mountain Crisis Services	1-204-725-4411	
Anxiety Disorders Association of Manitoba	1-204-925-0600	adam@adam.mb.ca
WHRA Winnipeg Crisis Line	1-204-940-1781	https://wrha.mb.ca
Thompson Crisis Line	1-204-778-7273	1-877-977-0007
Text ‘HOME’ to	741741	https://www.crisistextline.org
Kids Help Phone	1-800-668-6868	
Text “CONNECT”	686868	

CENTRAL CRISIS ORGANIZATIONS AND CONTACT INFORMATION

Dakota Ojibway Health Services (DOHS)

Head Office
230 – 5010 Crescent Road W
Keeshkeemaquah, Manitoba, Canada
R1N 4B1

Phone: 204-239-8650

Email: execadmin@dotc.mb.ca

DOHS Wellness and Addiction Program

- Crisis Response & Post Crisis Support
- NNADAP

Website:

<https://www.dotc.mb.ca/wellness-program>

Wellness Line: 1-833-600-0087

First nation communities served and provides mental wellness services:

1. Birdtail Sioux First Nation
2. Dakota Tipi First Nation
3. Long Plan First Nation
4. Roseau River Anishinabe First Nation
5. Sandy Bay Ojibway First Nation
6. Swan Lake First Nation

Interlake Reserves Tribal Council (IRTC)

225-300 Alpine Way,
Headingley, Manitoba R4H 0E1

IERHA 24 hour Crisis Line 1-204-482-5419

Toll Free 1-866-427-8626

IERHA Crisis Stabilization Unit

Phone: 1-204-482-5361

Toll Free: 1-888-482-5361

IERHA Mobile Crisis Unit

Phone: 1-204-482-5376

Toll Free: 1-877-499-8770

IRTC health programs represents six (6) member nations and provides wellness team services:

1. Dauphin River First Nation
2. Kinonjeoshtegon First Nation
3. Lake Manitoba First Nation
4. Little Saskatchewan First Nation
5. Peguis First Nation
6. Pinaymootang First Nation

Quest Health

202-355 Elice Avenue
Winnipeg, MB
R3B 1X8

Quest Mental Wellness Services

Phone: 1-204-417-8877

Email: mws@questhealth.ca

The MWT services four (4) communities:

1. Chemawawin Cree Nation
2. God's Lake First Nation
3. Manto Sipi Cree Nation
4. Bunibonibee Cree Nation

CENTRAL CRISIS ORGANIZATIONS AND CONTACT INFORMATION

Keewatin Tribal Council (KTC)

23 Nickel Road, Thompson, MB R8N 0Y4

Mental Wellness Program

Phone: 1-204-677-2341

Email: info@ktc.ca

Website: ktc.ca

Total of eleven (11) communities represented and eight (8) communities served by MKO's MWT agreement(s) and 3 served by NMC:

1. Bunibonibee – (Oxford House) Affiliated w/ Natawewewak Medical Center
2. Barrenlands (Brochet)
3. Northlands (Lac Brochet)
4. Shamattawa
5. Sayisi Dene (Tadoule Lake)
6. War Lake (Ilford)
7. God's Lake Narrows - Affiliated w/ Natawewewak Medical Center
8. Fox Lake
9. Tataskweyak Cree Nation (Split Lake)
10. Manto Sipi – Affiliated w/ Natawewewak Medical Center
11. York Factory (York Landing)

Opaskwayak Health Authority (OHA)

PO Box 10280

245 Waller Road

Opaskwayak, MB R0B 2J0

After hours OCN Crisis Help Line

1-204-623-0519

MWT to serve seven (7) of the SCTC member communities and one (1) community served by NMC:

1. Marcel Colomb
2. Mathias Colomb
3. Misipawistik Cree Nation
4. Mosakahiken
5. Opaskwayak
6. Sapotaweyak
7. Wuskwi Sipiik

Chemawawin Cree Nation – Affiliated w/NMC.

West Region Treaty 2 & 4 Health Services

317 Main St N

Dauphin, Manitoba

Phone: 1-204-633-9400

Toll Free: 1-866-385-9400

Mental Wellness & Counselling Extension #105

Total of seven (7) communities represented:

1. Ebb & Flow
2. Gambler
3. Keeseekoowenin
4. O-Chi-Chak-Ko-Sipi
5. Pine Creek
6. Rolling River
7. Skownan

Southeast Resource Development Council (SERDC)

6th floor – 360 Broadway Avenue

Winnipeg, MB R3C 0T6

Mental Wellness program

Phone: 1-204-956-7500

Email: information@serdc.mb.ca

MWT will service eight (8) communities:

1. Popular River First Nation
2. Berens River First Nation
3. Pauingassi First Nation
4. Little Grand Rapids First Nation
5. Bloodvein First Nation
6. Hollow Water First Nation
7. Black River First Nation
8. Brokenhead Ojibway Nation

FIRST NATION MENTAL HEALTH

Pimicikamak Cree Nation

Cross Lake

Ryan Castel

Executive Director

ryancastel@crosslakeband.ca

Helga Hamilton

Director of Health Programs

Cross Lake Health

Cell: 431-230-4321

hlhamilton16@hotmail.com

Samantha Folster

MH Coordinator/Therapist

Cell: 431-241-0252

Norway House Cree Nation

PO Box 205

Norway House Cree Nation, Manitoba

R0B 1B0

Clarence Paupanekis

Executive Director

cpaupanekis@nhcn.ca

Florence Duncan BSW RSW

Director of Health

Norway House Cree Nation

Health Division

Cell: 204-241-2012

Fduncan@nhcn.ca

Tina Crate

Community Mobile Support Team

Cell: 431-241-0258

Fax:

tinacrate2015@gmail.com

NURSING STATIONS

First Nation	Phone
1. Barren Lands	204-323-2120
2. Berens River	204-382-2265
3. Bloodvein	204-395-2161
4. Lac Brochet (Northlands)	204-337-2161
5. Cross Lake	204-676-2011
6. Garden Hill	204-456-2615
7. God's Lake	204-335-2557
8. God's River (Manto Sipi)	204-366-2355
9. Little Grand Rapids	204-397-2115
10. Mathias Colomb (Pukatawagan)	204-553-2271
11. Nelson House (Nisichawayasihk)	204-484-2031
12. O-Pipon-Na-Piwin (S. Indian Lk)	204-374-2013
13. Oxford House (Bunibonibee)	204-538-2347
14. Pauingassi	204-397-2395
15. Poplar River	204-244-2102
16. Red Sucker Lake	204-469-5321
17. Shamattawa	204-565-2370
18. Split Lake (Tataskweyak)	204-342-2033
19. St. Theresa Point	204-462-2264
20. Tadoule Lake (Sayisi Dene)	204-684-2031
21. Wasagamack	204-457-2189
22. York Landing	204-341-2325

PROVINCIAL NURSING STATIONS (serving First Nation Communities)

First Nation	Phone number
Easterville/Chemawawin Nursing Station	204-329-2212 204-3292720
Moose Lake/Mosakahiken Nursing Station	204-678-2252
Grand Rapids/Misipawistik Nursing Station	204-639-2215

HEALTH CENTRES

First Nation	Phone Number
1. Birdtail Sioux	204-568-4545
2. Brokenhead	204-766-2740
3. Buffalo Point	204-437-2133
4. Dakota Plains	204-252-2830
5. Dakota Tipi	204-856-0607
6. Dauphin River	204-659-2330
7. Ebb & Flow	204-448-3000
8. Fairford (Pinaymootang)	204-659-5786
9. Fisher River	204-645-2689
10. Fort Alexander (Sagkeeng)	204-367-9990
11. Gamblers	204-532-2192
12. Gillam (Fox Lake)	204-652-2954
13. Hollow Water	204-363-7364
14. Jackhead (Kinonjeoshtegon)	204-394-2220
15. Keeseekoowenin	204-625-2043
16. Lake Manitoba	204-768-2304
17. Lake St. Martin	204-659-2090
18. Little Black River	204-367-8089
19. Little Saskatchewan	204-659-5378
20. Long Plain First Nation	204-252-2369
21. Nelson House (Nisichawayasihk)	204-484-2341
22. Norway House Hospital	204-359-6731
23. Norway House Public Health	204-359-8922
24. Oak Lake (Canupawakpa Dakota)	204-854-2990
25. O-Chi-Chak-Ko-Sipi	204-732-2076
26. Opaskwayak (OCN)	204-627-7410
27. Peguis	204-645-2169
28. Pine Creek	204-524-3000
29. Rolling River	204-636-2989
30. Roseau River (Ginew)	204-427-2384
31. Sandy Bay	204-843-2304
32. Sopotaweyak (Shoal Lake)	204-587-2058
33. Sioux Valley	204-855-2690
34. Swan Lake	204-836-2424
35. Tootinaowaziibeeng	204-546-3267
36. War Lake (Ilford)	204-288-4315
37. Waterhen (Skownan)	204-628-3333
38. Waywayseecappo	204-859-5080
39. Wuskwi Sipiik	204-236-4894

FIRST NATIONS & RCMP CONTACT LIST

#	FIRST NATION COMMUNITY	EMERGENCY NUMBER	DISTRICT	DETACHMENT
1	Dauphin River First Nation	911 or 1-204-659-2682	East	Gypsumville
2	Lake St. Martin First Nation	911 or 1-204-659-2682	East	Gypsumville
3	Little Saskatchewan First Nation	911 or 1-204-659-2682	East	Gypsumville
4	Pinaymootang First Nation	911 or 1-204-659-2682	East	Gypsumville
5	Lake Manitoba First Nation	911 or 1-204-768-2324	East	Ashern
6	Berens River First Nation	911 or 1-204-667-6519	East	East St. Paul
7	Kinonjeoshtegon First Nation	911 or 1-204-372-8484	East	Fisher Branch
8	Little Grand Rapids	911 or 1-204-397-2133	East	Little Grand Rapids
9	Pauingassi First Nation	911 or 1-204-397-2133	East	Little Grand Rapids
10	Brokenhead First Nation	911 or 1-204-482-3322	East	Selkirk
#	First Nation Community		District	Detachment
11	Keeseekoowenin First Nation	911 or 1-204-759-2344	West	Shoal Lake
12	Rolling River First Nation	911 or 1-204-759-2344	West	Shoal Lake
13	Ebb & Flow First Nation	911-or 1-204-447-2513	West	Ste. Rose du Lac
14	O-chi-chak-ko-sipi First Nation	911-or 1-204-447-2513	West	Ste. Rose du Lac
15	Sapotaweyak First Nation	911 or 1-204-734-3454	West	Swan River
16	Wuskwi Sipi First Nation	911 or 1-204-734-3454	West	Swan River
17	Pine Creek First Nation	911 or 1-204-656-7000	West	Winnipegosis
18	Skownan First Nation	911 or 1-204-656-7000	West	Winnipegosis
19	Dakota Plains First Nation	911 or 1-204-857-8767	West	Portage la Prairie
20	Dakota Tipi First Nation	911 or 1-204-857-8767	West	Portage la Prairie
21	Tootinaowaziibeeng First Nation	911 or 1-204-837-2164	West	Roblin
22	Gambler First Nation	911 or 1-204-773-2105	West	Russell
23	Sioux Valley Dakota Nation	911 or 1-204-748-2135	West	Virден
#	First Nation Community		District	Detachment
24	Pimicikamak First Nation	911 or 1-204-676-2345	North	Cross Lake
25	God's Lake Narrows First Nation	911 or 1-204-335-2464	North	God's Lake Narrows
26	Manto Sipi First Nation	911 or 1-204-335-2464	North	God's Lake Narrows
27	Grand Rapids First Nation	911 or 1-204-639-2467	North	Grand Rapids
28	Garden Hill First Nation	911 or 1-204-458-2626	North	Island Lake
29	Red Sucker Lake First Nation	911 or 1-204-458-2626	North	Island Lake
30	St. Theresa Point First Nation	911 or 1-204-458-2626	North	Island Lake
31	Wasagamack First Nation	911 or 1-204-458-2626	North	Island Lake
32	O-pipon-na-piwin First Nation	911 or 1-204-473-2469	North	Leaf Rapids
33	Mosakahiken Cree Nation	911 or 1-204- 678-2267	North	Moose Lake
34	Norway House Cree Nation	911 or 1-204-359-6715	North	Norway House
35	Pukatawagan First Nation	911 or 1-204-553-2045	North	Pukatawagan
36	Shamattawa First Nation	911 or 1-204-565-2350	North	Shamattawa
37	Northlands First Nation	911 or 1-204-677-6911	North	Thompson
38	Tataskweyak First Nation	911 or 1-204-677-6911	North	Thompson
39	Sayisi Dene Cree Nation (Tadoules)	911 or 1-204-677-6911	North	Thompson
40	Barren Lands First Nation	911 or 1-204-677-6911	North	Thompson
41	York Landing First Nation	911 or 1-204-677-6911	North	Thompson
42	Marcel Colomb (Black Sturgeon)	911 or 1-204-356-2494	North	Lynn Lake
43	War Lake First Nation	911 or 1-204-652-2200	North	Gillam
44	Fox Lake First Nation	911 or 1-204-652-2200	North	Gillam
45	Bunibonibee Cree Nation	911 or 1-204-538-2211	North	Oxford House

#	FIRST NATION COMMUNITY Community Tripartite Agreement (CTA)		DISTRICT	DETACHMENT
46	Buffalo Point First Nation	911 or 1-204-326-1234	East	Sprague/ Steinbach
47	Bloodvein (Misko-ziiibiing)	911 or 1-204-395-2020	East	Bloodvein
48	Poplar River (Azaadiwi-ziiibiing)	911 or 1-204-244-2000	East	Poplar River
49	Peguis First Nation	911 or 1-204-372-8484	East	Fisher Branch
50	Fisher River Cree Nation	911 or 1-204-372-8484	East	Fisher Branch
51	Chemawawin Cree Nation	911 or 1-204-329-2000	North	Chemawawin
52	Nisichawayasihk Cree Nation	911 or 1-204-484-2288	North	Nelson House
53	Hollow Water First Nation	911 or 1-204-367-2222	East	Powerview
54	Black River First Nation	911 or 1-204-367-2222	East	Powerview
55	Sagkeeng First Nation	911 or 1-204-367-2222	East	Powerview

PLEASE NOTE: all other First Nations not listed – PLEASE CALL 911

MANITOBA FIRST NATIONS & AFFILIATES

First Nation	Alternative Names	Tribal Council Affiliation
1. Barrens Lands First Nation	Brochet/Kisipakamahk	MKO/KTC
2. Oxford House	Bunibonibee Cree Nation	MKO/KTC
3. Easterville	Chemawawin Cree nation	MKO/SCTC
4. Fox Lake Cree Nation	Makso Sakahigan	MKO/KTC
5. Garden Hill First Nation	Kistiganwacheeng	AOGC
6. Gods Lake First Nation	Gods Lake Narrows	MKO/KTC
7. Gods River	Manto Sipi Cree nation	MKO/KTC
8. Marcel Colomb First Nation	Black Sturgeon	MKO/SCTC
9. Mathias Colomb Cree Nation	Pukatawagan	MKO/SCTC
10. Grand Rapids	Misipawistik Cree Nation	MKO/SCTC
11. Moose lake	Mosakahiken Cree Nation	MKO/SCTC
12. Nelson House	Nisichawaysihk Cree Nation	MKO/IND.
13. Lac Brochet	Northlands Denesuline First Nation	MKO/KTC
14. Norway House Cree Nation	Kinosao Sipi	MKO/IND.
15. Opaskwayak Cree Nation	The Pas	MKO/SCTC
16. South Indian Lake	O-Pipon-Na-Piwin Cree Nation	MKO/IND.
17. Cross Lake	Pimicikamak Cree Nation	MKO/IND.
18. Red Sucker Lake First Nation	Mithkwamepin Thaakkahikan	AOGC
19. St Theresa Point First Nation		AOGC
20. Tadoule Lake	Sayisi Dene First Nation	MKO/KTC
21. Shamattawa First Nation		MKO/KTC

MANITOBA FIRST NATIONS & AFFILIATES

First Nation	Alternative Names	Tribal Council Affiliation
22. Split Lake	Tataskwayak Cree Nation	MKO/KTC
23. War Lake First Nation	Ilford	MKO/KTC
24. Wasagamack First Nation		AOGC
25. York Factory First Nation	Kawechiwasic	MKO/KTC
26. Berens River First Nation	Miimiiziibiing	SCO/SERDC
27. Black River First Nation		SCO/SERDC
28. Bloodvein First Nation	Miskwewe Ziibii	SCO/SERDC
29. Brokenhead Ojibway Nation	Baaskaandibewiziibiing	SCO/SERDC
30. Dauphin River First Nation	Gypsumville	SCO/IRTC
31. Fisher River Cree Nation	Ochekwi-Sipi	MKO/IND.
32. Hollow Water First Nation	Wanipigow	SCO/SERDC
33. Kinonjeoshtegon First Nation	Jackhead	SCO/IRTC
34. Lake Manitoba First Nation	Dog Creek	SCO/IRTC
35. Lake St Martin First Nation	Obashkodeyaang	SCO/IRTC
36. Little Grand Rapids First Nation	Miishipaawitiik	SCO/SERDC
37. Little Saskatchewan First Nation	Kaakiiskakamigaag	SCO/IRTC
38. Pauingassi First Nation	Bawingaasi	SCO/SERDC
39. Peguis First Nation		SCO/IRTC
40. Pinaymootang First Nation	Fairford	SCO/IRTC
41. Popular River First Nation		SCO/SERDC
42. Sagkeeng First Nation	Fort Alex	SCO/SERDC
43. Buffalo Point First Nation		SCO/IND.
44. Dakota Plains First Nation	Wakhpetunwin Otinta	SCO/ND.
45. Dakota Tipi First Nation		SCO/DOTC
46. Long Plain First Nation		SCO/DOTC
47. Roseau River Anishinabe First Nation	Okwewaanashko-ziibiing	SCO/DOTC
48. Sandy Bay Ojibway First Nation	Gaa-wiikwedaawangaag	SCO/DOTC
49. Swan Lake First Nation		SCO/DOTC
50. Birdtail Sioux First Nation	Chan Kagha Otina Dakhota Oyate	SCO/DOTC
51. Canupawakpa Dakota Nation	Pipestone River	SCO/IND.
52. Ebb and Flow First Nation	Gaa-gwekwekejiwang	SCO/WRTC

MANITOBA FIRST NATIONS & AFFILIATES

FIRST NATION	Alternative Names	Tribal Council Affiliation
53. Gambler First Nation	Ataagewiniing	SCO/WRTC
54. Keeseekoowenin First Nation	Riding Mountain Band	SCO/WRTC
55. O-Chi-Chak-Ko-Sipi First Nation	Crane River	SCO/WRTC
56. Pine Creek First Nation	Minegoziibe Anishinabe	SCO/WRTC
57. Rolling River First Nation	Ditibineya-ziiibiing	SCO/WRTC
58. Sapotaweyak Cree Nation		MKO/SCTC
59. Sioux Valley Dakota Nation	Wipazoka Wakpa/Saskatoon River	SCO/IND.
60. Skownan First Nation		SCO/WRTC
61. Tootinaowaziibeeng First Nation	Valley River	SCO/WRTC
62. Waywayseecappo First Nation		SCO/IND.
63. Wuskwi Sipiik First Nation		MKO/SCTC
64. Granville Lake, Leaf Rapids		MKO/Non-Affiliated
65. Kiciwapa Cree Nation		MKO
66. Fox Lake Cree Nation		MKO/KTC
67. White Water Reserve, Sask		

Indigenous PTO's in Manitoba include:

1. AMC
2. MKO
3. SCO

Tribal Councils are also affiliated with PTO's for example; KTC communities are affiliated with MKO as a PTO, and the same with SCO and AOGC