



ANXIETY, STRESS AND OTHER MENTAL HEALTH RESOURCES

MANITOBA ASSOCIATION OF PARENT COUNCILS (MAPC)

Manitoba Association of Parent Councils is committed to supporting, promoting, and enhancing meaningful involvement of parents and caregivers within school communities. Ways we may be able to help parents if faced with a concern regarding your child:

- ***The Empowering Parents: A Guide to Addressing Concerns in Manitoba Schools*** is a resource created by MAPC to assist parents in working towards addressing concerns in their school community. It is available on the MAPC website.
- The MAPC Advocacy Project can help parents learn to deal more successfully with concerns they are facing within the public school system. We can assist parents when preparing for meetings and help them to navigate the chain of command within schools and divisions, as well as offering support in understanding policies and legislation surrounding education.
- The MAPC website has links to many different resources for parents. Visit www.mapc.mb.ca.

MANITOBA EDUCATION AND TRAINING AND PARTNERS

Student Services/Special Education: School Mental Health	http://www.edu.gov.mb.ca/k12/specedu/smh/index.html
Who are school counsellors and what do they do?	http://www.edu.gov.mb.ca/k12/specedu/guidance/parent_info.html
Healthy Child Manitoba	https://www.gov.mb.ca/healthychild/

MANITOBA HEALTH SERVICES AND PROGRAMS

Anxiety Disorders Association of Manitoba	http://www.adam.mb.ca/
Mood Disorders Association of Manitoba	http://www.mooddordersmanitoba.ca/services/youth-programming/
Canadian Mental Health Association	http://mbwpg.cmha.ca/
MATC Mental Health Services for Children, Youth and Families	http://www.matc.ca/index.html
MATC Community Child and Adolescent Treatment Service	http://www.matc.ca/services-ccats.html

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Helping Parents Find a Voice in Education

Mental Health Education Resource Centre	http://mherc.mb.ca/page.php?id=1
OCD Centre Manitoba Inc.	http://www.ocdmanitoba.ca/
Inspire Community Outreach Inc.	http://inspirecommunityoutreach.ca/
WRHA Child and Youth Mental Health Program	http://wrha.mb.ca/prog/mentalhealth_child/index.php
The Manitoba Advocate for Children & Youth	http://manitobaadvocate.ca/
Rainbow Resource Centre	https://rainbowresourcecentre.org/support/groups/for/youth
Klinic Community Health	http://klinik.mb.ca/wellness-support-groups/

ONLINE MENTAL HEALTH RESOURCES

Information to explain stress and help you to manage it.	http://www.stresshacks.ca/
A program that aims to improve mental health literacy, and provide the skills to help people better manage potential mental health problems	http://www.everyonematters.ca/
The Attachment Network of Manitoba develops and supports best practices for enhancing secure attachment	http://attachmentnetwork.ca/
Best Practices in School-Based Suicide Prevention: a guide	http://www.manitoba.ca/healthychild/ysp/ysp_bestpractices.pdf
Mental Health Resource Guide for Winnipeg (Canadian Mental Health Association)	http://mbwpg.cmha.ca/resources/mental-health-resource-guide-for-winnipeg/
Kids Help Phone is Canada's only 24/7, national support service. We offer professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.	https://kidshelpphone.ca/
Hey Sigmund – a website with a variety of resources and new videos related to mental well-being.	https://www.heysigmund.com/
Inspire Community Outreach – supporting youth and families with unique challenges.	http://inspirecommunityoutreach.ca/

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EMERGENCY NUMBERS

Winnipeg Emergency Services	911
Manitoba Suicide Line	1-877-435-7170
Youth Crisis Stabilization System	204-949-4777
KLINIC 24-HR Crisis Line	204-786-8686 or 1-888-322-3019
Kids Help Phone	1-800-668-6868
Winnipeg Regional Health Authority (WRHA), Mobile Crisis Service (for ages 18+)	204-940-1781
WRHA Child and Adolescent Mental Health Centralized Intake (Winnipeg region)	204-958-9660
First Nations and Inuit Hope for Wellness Help Line	1-855-242-3310

REMEMBER

If you have a concern about your child's wellbeing, starting a conversation with your child's family doctor or pediatrician may be helpful in getting recommendations to specific services. Please also consider:

1. Your Child's School. Most schools have specialist services available for children who are experiencing a variety of problems including anxiety. Contact your child's school for more information. Some staff members at the school are likely familiar with anxiety problems and may be able to offer advice and support.

2. Employee Assistance Programs (EAPs): Many large employers have these plans that provide counselling services that employees and family members can use on a confidential basis. Often these plans can make an appointment within a week or two of the first contact. There is often no charge for the service, although the total number of sessions may be limited. As plans do vary, contact the provider for full details and limitations.

3. Extended Health Insurance. Often the employee pays a monthly premium. This program covers services such as ambulance, physiotherapy, and clinical psychology services. The insurance plan often has rules about when services will be covered. It is best to obtain a copy of the brochure describing the plan to see what services will be covered and what dollar amount is covered per year. For example, some plans require a referral from a physician in order for the cost of the visits to be covered. The names of psychologists who provide services covered by many extended health insurance plans are listed on the Manitoba Psychological Society (mps.ca/find-psychologist).