

Mobile Clinic

1-877-378-3077

The Mobile Clinic provides access to primary care to people living in some smaller underserved communities. Having access to a regular health care provider - Nurse Practitioner and Registered Nurse - helps people living in these communities receive ongoing health care and support close to home.

Women's Wellness

1-877-378-3077

Cervical screening is offered by a team of trained Registered Nurses from Prairie Mountain Health (PMH). Visit our website for a list of clinics at www.prairiemountainhealth.ca.

Chronic Disease Education Program (CDEP)

1-877-509-7852

The CDEP can help you learn skills and resources to manage your condition such as diabetes, heart disease, kidney disease and others. We can help you set and reach your goals. The nurse and dietitian teams travel on a regular basis to various communities including First Nations throughout PMH.

Health Promotion Program

1-877-509-7852

A team of health providers throughout PMH work with communities to develop knowledge, skills and resources to move beyond a focus on individual behavior towards creating supportive environments for healthy living.

Craving Change

1-877-509-7852

A FREE educational program that can help you develop a healthier relationship with food, help if you struggle with your eating habits, eat for comfort or in response to emotions, or simply want to better understand your own eating behaviours.

Get Better Together (GBT)

1-877-509-7852

This FREE program, led by people living with chronic conditions, can help you develop a plan to deal with the challenges of an ongoing health concern. The program offers support and helps you build confidence to manage your health better. Online version also available.

Healthy Together Now (HTN)

204-578-2194 (Brandon)

204-328-6214 (South) / 204-622-4189 (North)

A community led, regionally coordinated and government supported initiative to help prevent chronic disease in Manitoba. Communities within PMH can apply for funds to implement programs that focus on healthy eating, physical activity, mental well-being and tobacco prevention and reduction. Applications are accepted on a quarterly basis.

Community Volunteer Income Tax Program (CVITP)

1-204-578-4806

A CVITP volunteer prepares and files income tax and benefit returns for eligible individuals or families who have modest or low income and a simple tax situation. Visit <http://www.cra-arc.gc.ca/tx/ndvdl/vlntr/nd-eng.html> for more information.

Teen Clinics

Teen Clinics are offered in some high schools throughout PMH, providing education and counselling in a confidential environment about any health issue of their concern. Call your local Public Health Office to inquire about teen clinic availability in your area, or visit <http://teenclinic.ca/> or <http://www.prairiemountainhealth.ca/index.php/programs-services?id=33>. Information is also available through our PMH Facebook or Twitter.

Other Resources

Dial-a-Dietitian (8 a.m. – 6 p.m.)

1-877-830-2892

This FREE service connects callers to a Registered Dietitian to answer questions and provide advice on food and nutrition, to help individuals and families live well and stay healthy.

Smokers' Helpline

1-877-513-5333

Has proven, free and personalized tools to help you quit successfully. Available via the Online Quit Program and over the phone. You can also connect with the Smokers' HelpLine on Facebook and Twitter. Find the resources you need to quit at <http://www.smokershelpline.ca/>.

HealthLinks (Info Santé)

1-888-315-9257

A 24-hour, 7-day a week telephone information service staffed by Registered Nurses with the knowledge to provide answers over the phone to health care questions and guide you to the care you need.

TeleCARE Manitoba

A telephone-based program that helps Manitobans with heart failure or Type 2 diabetes manage their condition. It is targeted to Manitobans with limited access to chronic disease management services and supports. TeleCARE health care professionals specialized in chronic disease self-management contact patients by phone based on an individualized call monitoring schedule. They assess the person's health, monitor any symptoms or problems, and provide education and tools to help patients to better manage their own health. The team of health care professionals at TeleCARE Manitoba also works with the person's family physician/primary care provider to address any health concerns. For people without a telephone, this service can be provided by videoconference through their local MBTelehealth site.

<http://www.gov.mb.ca/health/primarycare/public/chronicdisease/selfmgnt/telecare.html>

Understanding Mental Health: Public Education Opportunities

204-578-2490

Mental Health First Aid (MHFA), SafeTALK, & Applied Suicide Intervention Skills Training (ASIST) are education opportunities available in your area to learn more about how to help individuals experiencing mental health problems or thoughts of suicide. Call for a current schedule of these valuable opportunities.

Mental Health Crisis Services

Over the age of 18: 1-866-332-3030 (North) 1-888-379-7699 (South)

Under the age of 18: 1-866-403-5459 (All Areas) 1-866-332-3030 (North)

If you are experiencing a psychosocial or mental health crisis, call the above numbers or attend your local emergency department for immediate assistance. If you are not in immediate distress but wish to access mental health services, the numbers above will assist you to find the most appropriate intake service available.

Farm and Rural Stress Line

1-866-367-3276

Whether you live on a Farm, or in a Rural or Northern community you may speak to our counsellors who provide free and confidential information, support, counselling and referrals to people of all ages. Call our toll free Telephone Stress Line or use our On-line supports (chat & email). info@ruralsupport.ca Follow Us on Facebook and Twitter for the latest updates on our program and services!

Credit Counselling Society (CCS)

CCS is a non-profit organization that serves BC, Alberta, Saskatchewan, Manitoba and Ontario; go to www.nomoredebts.org for information and free webinars, and www.mymoneycoach.ca for the educational website of the CCS.