

# MacGregor Collegiate Mental Health & Wellness Resource List for Parents & Students

## **Links:**

- 1) [www.kidshealth.org/teens](http://www.kidshealth.org/teens) (body, mind, sexual health, food, fitness, diseases, school/jobs, drugs & alcohol, staying safe)
- 2) [www.mindcheck.ca](http://www.mindcheck.ca) (mood, anxiety, stress, alcohol & other drugs, body image & eating, speaking up – voicing change)
- 3) [www.mindyourmind.ca](http://www.mindyourmind.ca) (wellness, coping, getting help, self-care, relationships, youth, depression, mood disorder, social media awareness...etc)
- 4) [www.stresshacks.ca](http://www.stresshacks.ca) (general mental health, stress, feelings, how to relax, health hacks, life hacks...etc)
- 5) <http://teentalk.ca/> (sexuality, reproductive health, body image, substance use awareness, mental health, issues of diversity and anti-violence issues)
- 6) [www.teenclinic.ca](http://www.teenclinic.ca) (offers free and confidential health/medical services and are only for youth. At a Teen Clinic you can speak to a health care provider about any health issue that is important to you. Teen Clinics are located in schools or community health centres throughout Manitoba.)
- 7) [www.teenmentalhealth.org](http://www.teenmentalhealth.org) (Our model is to use the best scientific evidence available to develop application-ready training programs, publications, tools and resources that can be applied across disciplines to enhance the understanding of adolescent mental health and mental disorders.)
- 8) [www.kidshelpphone.ca](http://www.kidshelpphone.ca) (24/7, free, anonymous, confidential phone & web counseling service for young people of all ages)
- 9) [www.reasontolive.ca](http://www.reasontolive.ca) (Manitoba suicide prevention & support resources)
- 10) [www.manitobaparentzone.ca](http://www.manitobaparentzone.ca) (programs, support, resources for Manitoba parents)
- 11) [www.jack.org](http://www.jack.org) (only national network of young leaders transforming the way we think about mental health. With initiatives and programs designed with the input of young people at every step, we will end stigma in our generation)
- 12) [www.ruralsupport.ca](http://www.ruralsupport.ca) (online counseling and resources for farmers, rural & northern Manitobans)
- 13) [www.rainbowresourcecentre.org](http://www.rainbowresourcecentre.org) (provides support, education, programming & resources for the LGBTQ community of Manitoba)

14) [www.serc.mb.ca](http://www.serc.mb.ca) (provides community education programs on healthy sexuality and relationships)

### **Phone Numbers:**

- 1) **Kids Help Phone:** 1-800-668-6868
- 2) **Health Links:** 1-888-315-9257
- 3) **Mental Health Crisis Service (Portage):** 204-857-6369
- 4) **Mental Health Intake Services (Portage):** 204-239-3000
- 5) **Parent Line:** 1-877-945-4777
- 6) **Community Mental Health Access Services:** 1-888-310-4593 **CRISIS:** 1-866-588-1697
- 7) **MB Farm & Rural Support Services:** 1-866-367-3276
- 8) **Klinic Crisis Line:** 1-888-322-3019
- 9) **Manitoba Suicide Line:** 1-877-435-7170
- 10) **Children's Advocate:** 1-800-263-7146
- 11) **Child & Family Services Central Region (Intake):** 1-204-857-8751
- 12) **Family Resource Centre (Portage):** 1-204-857-9011
- 13) **Community Resource Centre (MacGregor):** 1-204-685-2977
- 14) **Community Public Health (MacGregor):** 1-204-685-5705
- 15) **Rainbow Resource Centre (Winnipeg):** 1-204-474-0212
- 16) **SERC (Sexuality Education Resource Centre) Brandon:** 1-204-727-0417

### **APPS:**

- 1) **Mindshift** (FREE) available on iOS & android – designed to help teens and young adults cope with anxiety.
- 2) **Calm in the Storm** (FREE) available on iOS – reduce, manage, and learn about your life stress.
- 3) **Breakup Shake up** (FREE) available on iOS – provides fun, easy things for youth to do to help youth cope with a breakup.
- 4) **MindGauge** (FREE) available on iOS & android – measure and track your wellbeing, mood & lifestyle so you can live your happiest life.
- 5) **PARENTASSIST** (\$3.99) available on iOS & android – gives parents quick, user-friendly access to information to help them support their children's personal & academic growth and meet their emotional needs. Also info on handling daily issues such as: homework, chores, morning & bedtime routines...etc.
- 6) **Today's Parent** (FREE) available on iOS & android – a leading and trusted source of parenting information with content on subjects that affect families – from health and discipline to nutrition and education. Covers every stage of parenting from pregnancy

through the tween years. Also – fast & easy recipes, awesome DIY crafts, expert tips & tricks and entertaining videos.

- 7) **Today's Parent Mealtime** (FREE) available on iOS & android – design your family's meal plan for the week, generate a grocery list, get inspired by thousands of family trusted recipes, save & organize favourite recipes so they're easy to find!
- 8) **Quizlet** (FREE) available on iOS, android & online – tools for students to make flashcards, test their knowledge and other study tips.