**THOMPSON**

List of available *Programs* for Mental Health and Addictions.

| **NAME** | **DESCRIPTION** | **PHONE** | **EMAIL** | **WEBSITE** |
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| TSA - Emergency Shelter | For someone facing a winter night on the street, access to an emergency shelter can sometimes mean the difference between life and death. However, the value of shelters goes beyond meeting immediate needs. Emergency shelters often serve as the front door to a broader system of supports. Salvation Army staff use their extensive knowledge and strong agency partnerships to help clients connect with the resources and services they need to stabilize in the community. Length of stay Extreme Weather Response: overnight Emergency Shelter: 30-90 days, Services provided in emergency shelter programs: Housing connections and advocacy Case management, Referrals to community-based resources (e.g. health, mental health, long-term support and other services)Recovery support for substance abuse, Accompaniment Follow-up support, Spiritual and religious care, Computer access. | 12046773625 | NA | <https://salvationarmy.ca/what-we-do/in-your-community/housing-and-shelters/> |
| NHR - Mental Health Central Intake Thompson | A central intake phone number for mental health patients | 12046775366 | ghildebrand@nrha.ca | <http://www.northernhealthregion.ca/> |
| Children's disABILITY Services Thompson - Respite | Respite is a break from the very unique demands of caring for a child with disabilities. It is available to parents who need a short-term break, and can be provided in or outside the child’s home. For children who have lifelong, complex medical needs, respite can be provided by a registered nurse through the local regional health authority. | 12046776570 | NorthernFinance@gov.mb.ca | <https://www.gov.mb.ca/fs/cds/services.html> |
| MYS Thompson - Indigenous Initiatives | MYS is committed to helping youth recognize their amazing gifts and important responsibilities within our community. Indigenous Initiatives is creating more opportunities than ever to help youth heal and reclaim their relationships with Mother Earth, Father Sky and all our relations. These include: The creation of a ceremonial site where youth, families and community can gather to learn and heal together. Land-based summer camps that blend fun, ceremony and traditional teachings. Training opportunities and weekly Indigenous teachings to help build knowledge and awareness throughout the MYS community. Regular ceremonies including a Purification Lodge, Full Moon Ceremonies, Water Ceremonies, Pipe Ceremonies, Solstice Ceremonies, Young Men and Women's Sharing Circles, Medicine Picking and more. | 12046777870 | indigenous.initiatives@mys.mb.ca | <https://www.mys.ca/services/indigenous-initiatives> |
| MYS Thompson - Emergency Shelter / Youth Resource Centre | A team of caring people welcome and work with you to understand your needs and help you understand that you have a voice and choices when it comes to your own care. Services are free and accessible around the clock - whether you are staying at the four bed shelter or just dropping in at the resource centre for help with food, clothing, showers, laundry, hygiene supplies, first aid, crisis intervention, counseling or referrals. | 12047785382 | mysnorth@mys.mb.ca | <https://www.mys.ca/services/youth-crisis-services> |
| MYS Thompson - Positive Alternatives for Youth | Youth Positively Involved in the Community - Youth 12-20 have opportunities to stay active &amp; out of trouble, make a meaningful difference, earn a high school volunteer credit &amp; develop vital skills for work, school &amp; life. Community Service Support program - Youth at risk of not completing court-ordered community service (due to learning barriers, addictions, pregnancy etc.) receive extra support &amp; supervision to ensure success. Fine Option/Community Service supports - In partnership with Manitoba Justice, MYS is a resource centre where youth &amp; adults with fines &amp; court-ordered community service can register, be monitored &amp; placed in the community to complete your hours. Mentor Training &amp; Support project - A combination of formal training &amp; practical experience teaches mentors 18+ how to build healthy, trusting &amp; safe relationships with youth. | 12049494834 | mysnorth@mys.mb.ca | <https://www.mys.ca/services/skills-for-life> |
| MYS Thompson - Independent Living With Supports | Helps youth 16-21 make the transition from living in care to caring for yourselves as responsible &amp; independent adults. Youth are established in your own apartment with personalized &amp; ongoing support from MYS staff to: Maintain secure, affordable housing &amp; a positive home environment Assess &amp; enhance your skills for everyday living Work toward your goals for education &amp; employment; improve your ability to budget, maintain your home, shop, cook &amp; more (up to 21 hours direct support weekly)Access meaningful community resources, healthcare, therapy, crisis &amp; cultural services, while learning to build positive relationships &amp; strengthen family &amp; community connections. Participate in bi-weekly peer support groups &amp; regular group activities like camping, beach days, holiday dinners &amp. | 12049496506 | intake@mys.mb.ca | <https://www.mys.ca/services/skills-for-life> |
| MYS Thompson - Family Support | MYS offers a range of FREE supports &amp; services to help stabilize youth &amp; families in times of crisis &amp; improve your long-term strength, resilience &amp; wellbeing. Our goal is to help keep families together, surrounded by an extended community of support. | 12046777870 | mysnorth@mys.mb.ca | <https://www.mys.ca/services/family-supports> |
| Manitoba Possible Thompson - Deaf and Hard of Hearing Services (DHHS) | Manitoba Possible provides numerous services for youth and adult clients who are Deaf or hard of hearing. Case Workers provide life skills counseling, crisis counseling, and health and social service access coordination. Other services include vocational rehab and employment preparation as well as language training and Deaf interpretation services and support (ASL instruction for individuals and family members and classroom-based English and ASL instruction for Deaf and hard of hearing immigrants and refugees). | 12047784277 | cbach@manitobapossible.ca | <https://www.manitobapossible.ca/deaf-and-hard-of-hearing> |
| Marymound - Wellness Programs | Wiggle, Giggle &amp; Munch wiggle, Helping Families Make Healthy Lifestyle Choices Do you wonder what foods are best for your family’s health? Is there heart disease or diabetes in your family? How much physical activity should you and members of your family be getting to stay fit and healthy? Do you have to join a gym or buy expensive fitness equipment? Wiggle, Giggle &amp; Munch offers the answers to your questions about physical activity and healthy eating in an easy-to-understand format. Participants will be provided with the experiences and tools they need to make physical activity and healthful eating part of their daily lives. It’s also a great way to meet other families in your community. | 12046777820 | NA | <https://www.marymound.com/main/thompson/wellness-programs/> |
| NCN - Guiding our Children to a Better Path | The NCN Community Youth Cree Court aims to reclaim responsibility for our youth who commit minor crimes. Our professionals and Ketiyatisak (Elders) use holistic processes and traditional teachings to help these children make amends and restore community harmony. The Court acknowledges many of our youth face struggles in their lives that led them to destructive choices. There are often generational issues that mean a child may not have a strong support system or helpful mentors. Once fully operational, the Court will help these children avoid the child welfare and criminal justice systems. The Youth Cree Court was established in 2010. This innovative program is gaining recognition from the criminal and justice sector and other First Nations communities across Canada for its commitment to keeping our youth at home while leading them to a path of personal responsibility and citizenship. | 12044842341 | NA | <https://www.ncnwellness.ca/programs-services/child-and-family-services/> |
| NCN - Wecihitowin Project | We believe our community members can ease their struggles and find success through more engagement with traditional cultural practices. The Wecihitowin Project provides ongoing support for anyone in need with activities and resources that lead to healthier living options. The Wecihitowin Project currently includes two Awasis workers and two NCN-CFS workers who deliver holistic services for people in every stage of life. We have had great success with community family spirit events, sharing circles, land-based activities, counseling, court support, transportation services and family conferencing. We believe the future success of our people relies on embracing the traditional teachings of our past. Using the wisdom of our Elders, we have helped our participants deal with suicide, child apprehension, and addiction. Our participants have enjoyed Clan Mother Teachings, Spring Ceremonies, Women’s Retreats, Family Camps and Circles of Security. | 12044842341 | NA | <https://www.ncnwellness.ca/programs-services/child-and-family-services/> |
| NHR - Acute Brain Injury House (ABI) | The ABI program provides assessment, consultation, case management, life skills service, individual and family support, and education for adults with an acquired brain injury. | 12047781646 | NA | NA |
| CMHA Thompson - Project Northern Doorway | Project Northern Doorway (PND) is a strategy to target Homelessness in Thompson. It’s a partnership program which has a comprehensive list of community stakeholders. It’s based on the Housing First Model, which is an evidence based and recovery oriented approach. It’s immediate housing without the stipulation of sobriety or being in a treatment program. Our Homeless Outreach Mentors are responsible for supporting, empowering and advocating for the participants of PND. Participants are chosen based on their chronic use of emergency services, hospitalizations and their use of the Thompson Homeless Shelter. It’s comprised of participants living in their own apartments and participants living in our Housing with Supports Facility called 95 Cree Road. Participants of Project Northern Doorway are supported by three Homeless Outreach Mentors. The Homeless Outreach Mentors provide intensive case management, one on one supports, advocacy and empowerment to all PND participants. | 12046776050 | regional@cmhathompson.ca | <https://thompson.cmha.ca/our-services/project-northern-doorway/> |
| CMHA Thompson - Connections Clubhouse | The Connections Clubhouse is based on a model of Psychosocial Rehabilitation. It provides support for people with severe and persistent mental illness or other mental health issues. Participants in the Clubhouse are called Members and our programs focus on their strengths and abilities, not their illness. The Clubhouse is unique in that it is not a clinical program, meaning there are no therapists or psychiatrists on staff. All clinical aspects of the program have been removed to focus on the independence of the individual, rather than their illness. Additionally, all participation in the Connections Clubhouse is strictly on a voluntary basis. Our program provides support for adults who experience a persistent mental illness or mental health issue. We provide an opportunity for member empowerment through peer support and skill development in both group and individual settings. By learning together there are many opportunities to develop patience, concentration, and social skills. | 12046776050 | regional@cmhathompson.ca | <https://thompson.cmha.ca/our-services/connections-clubhouse/> |
| CMHA Thompson - Housing (Residential Services Program) | The purpose of the Canadian Mental Health Association Residential Services Program is to provide housing support to clients in the Northern Health Region. Participants would link up with these services through our Psychosocial Rehabilitation Intake Worker . The emphasis of all of our housing programs are on providing support while focusing on the strengths of the individual â€“ encouraging their use of personal, family and community based resources to maintain their optimal level of mental health; and to maintain or enhance their community living status. We support individuals to gain the skills needed to lead satisfying and successful lives in the community; help clients access and secure a stable income; and provide the skills and support needed to ensure long term success in the housing of their choice. Our goal is to encourage our clients to take the first slow and difficult steps toward a more secure and independent lifestyle. | 12046776057 | housing@cmhathompson.ca | <https://thompson.cmha.ca/our-services/housing/> |
| CMHA Thompson - Education & Training | The purpose of this program is to empower participants through social, educational and employment support and rehabilitation services. The Education &amp; Training program brings community awareness in relation to mental illness and mental health problems through community engagement, presentations and a weekly radio spot on 102.9 CHTM (on Monday Mornings- 8:40 AM)It provides job skills development (resume and cover letter writing, interviews skills and employment retention plans) , education skills development, wellness and healthy lifestyle programs (Nutrition Program and Gardening Program), peer support and empowerment, capacity building, information and referrals, Transitional Employment Program, motivation to pursue goals, budgeting, Coats for Kids and the Graffiti program. | 12046776058 | educationtraining@cmhathompson.ca | <https://thompson.cmha.ca/our-services/education-training/> |
| CMHA Thompson - Psychosocial Rehabilitation Service (PRS) | Psychosocial rehabilitation (also termed psychiatric rehabilitation or PSR) promotes personal recovery, successful community integration and satisfactory quality of life for persons who have a mental illness or mental health concern. Psychosocial Rehabilitation services and supports are collaborative, person directed, and individualized, and are an essential element of the human services spectrum. They focus on helping individuals develop skills and access resources needed to increase their capacity to be successful and satisfied in the living, working, learning and social environments of their choice and include a wide continuum of services and supports.(PSR/RPS Canada, 2013).It involves a step by step process to assist people to discover and recover meaningful roles in their life. The process involves the development of the right skills, resources, knowledge and supports that will enable a person to find satisfaction and success in their new role. | 12046776050 | psrintake@cmhathompson.ca | <https://thompson.cmha.ca/our-services/psychosocial-rehabilitation/> |
| Hope Biblical Counseling Centre | At various times in our lives, and for various reasons, all of us can develop bad habits or self-destructive behaviours and need biblical help to get out of the hole of no hope. What we once thought we had under control soon begins to control us and adversely affects our physical and mental health, our relationships and our job performance. We have more than ample motivation to quit, yet we find often ourselves lacking in the wisdom, strength and willpower to break free. It is in these moments that we need to look outside of ourselves and have the courage to seek the help we need. Let's start the journey of healing together. We offer confidential, free counseling to those who reach out to us.  | 12046773000 | gatewaybiblebaptist@gmail.com | <https://www.gatewaybiblebaptistchurch.ca/contact-us.html> |
| Eaglewood Addictions Centre - Non-Medical Withdrawal Management Unit | This is a safe place to stop using alcohol or drugs during the withdrawal stage of recovery. You will have close monitoring for the first 48-72 hours of your stay. Length of stay is usually 7-10 days. Upon completion of detoxification, you will have priority access to other addictions treatment with AFM. | 12046777847 | NA | <https://afm.mb.ca/publications/adult-services-sheet/> |
| Thompson - Rapid Access to Addictions Medicine (RAAM) - Eaglewood | RAAM clinics are walk-in clinics for adults (ages 18+) looking to get help with high-risk substance use and addiction. This includes people who want to try medical assistance to reduce or stop their substance use. They may experience frequent intoxication or overdose symptoms, as well as unpleasant withdrawal symptoms when attempting to reduce or stop their substance use. RAAM clinics are also for people who may have substance-related health issues, such as hepatitis, pancreatitis and infections. No referral is needed. RAAM clinics are not for people needing urgent medical attention for serious physical problems or mental health symptoms such as psychosis (paranoia, delusions, hallucinations), agitation; who are at active risk of harm to self or others, or who require police/security involvement. You don’t need an appointment, just show up during clinic hours. If you have a Manitoba Health card or Manitoba Health number, please bring this along. | 18662917774 | NA | NA |
| Thompson Crisis Centre - Healthy Living Program | Clients needing further services from the Thompson Crisis Centre, can become a part of the Healthy Living Program. The client will pay an affordable rent to stay in a fully furnished apartment and continue to receive counseling services and life skills support for up to 6 months. The Healthy Living Coordinator runs a counseling service for clients who have left the emergency shelter and have found their own accommodations in the community. | 12046779668 | NA | <https://www.facebook.com/thompsonmbcrisiscentre/> |
| Thompson Crisis Centre - Children's Program | The children's program provides counseling to children and parents individually and in groups. Parenting classes, playgroups and family fun nights are all a part of this program. Childcare is also provided for clients when they are in counseling sessions or need to attend appointments in the community. | 12046779668 | NA | <https://www.facebook.com/thompsonmbcrisiscentre/> |