

Anxiety in Older Adults – Resources

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Winnipeg

Anxiety Disorders Association of Manitoba: 204-925-0600

- www.adam.mb.ca

Geriatric Mental Health Team: 204-982-0140

- www.wrha.mb.ca/prog/gmh/index.php

Canadian Mental Health Association: 204-982-6100.

- www.mbwpq.cmha.ca

Mood Disorders Association of Manitoba: 204-786-0987

- www.mooddordersmanitoba.ca

Cognitive Behavior Therapy Institute of Manitoba: 204-982-3813

- www.cbtmanitoba.com

OCD Centre Manitoba: 204-942-3331

- www.everyonemattersmanitoba.ca

Manitoba Schizophrenia Society: 204-786-1616

- www.mss.mb.ca

Mental Health Education Resource Centre: 204-942-6568

- www.mherc.mb.ca

Crisis

KLINIC Crisis Line: 204-786-8686

Manitoba Suicide Line: 1-877-435-7170

Crisis Stabilization Unit: 204-940-3633

MB Farm & Rural Support Services: 1-866-367-3276