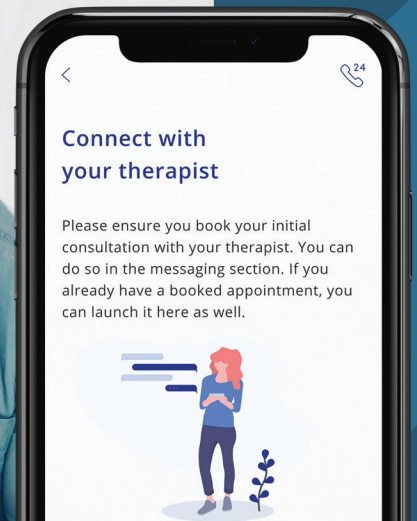


Help for anxiety.



NEW Digital Therapy Program Now Available

If you are 16 or older, you can access a **free and confidential** digital mental health therapy program to help address anxiety symptoms brought on by the challenging aspects of the pandemic:

- uncertainty
- social isolation
- caring for family and community members
- information overload and stress management

The Manitoba government is offering this program as part of a response to the COVID-19 pandemic.

Go to manitoba.ca/covid19 to get started today

Need help now?

- **Klinic Crisis Line**
204-786-8686 or 1-888-322-3019
TTY 204-784-4097
- **Manitoba Suicide Prevention & Support Line**
1-877-435-7170 (1-877-HELP170)
- **Kids Help Phone**
1-800-668-6868
- **Manitoba Addictions Hotline**
1-855-662-6605
- **Klinic Sexual Assault Crisis Line**
204-786-8631 or 1-888-292-7565
TTY 204-784-4097
- **Manitoba Farm, Rural & Northern Support Services**
supportline.ca - online counselling
1-866-367-3276 (hours Mon-Fri 10 am to 9 pm)
- **First Nations and Inuit Hope for Wellness Help Line**
1 855 242-331