

# Mental Health Resources Following a Traumatic Event



PRAIRIE MOUNTAIN HEALTH  
SANTÉ PRAIRIE MOUNTAIN

*It is important to reach out and stay connected following a traumatic event. The resources below can help.*

## Westman Crisis Services

1-888-379-7699

*Available 24 hours a day*

## Canadian Mental Health Association – Swan Valley

204-734-2734

## Child & Adolescent Crisis Line

1-866-403-5459

*Available 24 hours a day*

## Manitoba Farm and Rural Support

1-866-367-3276

<https://supportline.ca/>

## Klinic Crisis Line

1-888-322-3019

*Available 24 hours a day*

## Community Events or Centres

Mental Health Supports will be available at events or gatherings in your community following an event.

## Kids Help Phone

1-800-668-6868

*Available 24 hours a day*

## Taking Care of Yourself

- Give yourself permission to take time to recover
- Allow yourself to feel lousy for a while and be ok to share those feelings with others.
- Avoid using alcohol or drugs.
- Eat balanced meals and drink plenty of water.
- Rest when you can and if you find it hard to sleep, relax with a bed or take a bath.
- Reduce your coffee intake in the evenings.
- Get exercise daily as it helps burn off stress.
- Spend time with family and friends, and keep your sense of humor.

## Online Options

### Wellness Together Canada

<https://www.wellnesstogether.ca>

### CBTm

<https://cbtm.ca/>