



MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA

*Helping People
Help Themselves*

Westman Supports

Westman Crisis Services

Call: 204-725-4411

Toll Free North: 1-866-332-3030

Toll Free South: 1-888-379-7699

Community Mental Health Services

Local: 204-578-2400 **Rural:** 204-578-2490

Mood Disorders Association of Manitoba (Westman Region)

Call or Text: 204-721-2174

Email: westman@moodmb.ca

Anxiety Disorders Association of Manitoba

Call: 204-725-8550

Toll Free: 1-800-805-8885

Email: westman@adam.mb.ca

Aboriginal Healing & Wellness

Call: 204-726-8791

Email: bfc_wellness2@wcgwave.ca

Manitoba Metis Federation Southwest Region

Call: 204-725-7520 **Toll Free:** 888-627-9663

Email: info@southwestmmf.ca

Sexuality Education Resource Centre

Call: 204-727-0417

SMART Recovery Brandon

Call: 204-573-0188

Email: smartrecoverybrandon@gmail.com

Westman Families of Addicts

Email: westfamofaddicts@gmail.com



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7th Street Health Access Centre

Call: 204-578-4800

Samaritan House Resource Centre & Food Bank

Call: 204-726-0758

Email: info@samaritanhouse.net

Brandon Neighbourhood Renewal Corporation

Call: 204-729-2490

Email: admin@bnrc.ca

Employment & Income Assistance

Call: 204-726-6438

Toll Free: 1-866-726-6438

Manitoba Housing

Call: 204-726-6455

Toll Free: 1-800-651-8217

Email: housing@gov.mb.ca

Brandon Housing First

Call: 204-725-7520

Toll Free: 844-937-8622

Email: info@brandonhousingfirst.ca

YWCA Westman Women's Shelter

Crisis Line: 204-727-3644

Call: 204-571-3680

The Women's Resource Centre

Call: 204-726-8632

Toll Free: 1-866-255-4432

Email:

reception@thewomenscentrebrandon.com

Men's Resource Centre

Call: 204-727-1696

Email: office@brandonjohnhoward.ca