

Mental Wellness Support Line



The Manitoba Métis Federation is pleased to offer a toll-free **Mental Health Wellness Support Line** for Red River Métis Citizens, which can be reached by calling **1-833-390-1041 Ext. 1** between **7am** and **11pm** daily.

The COVID-19 pandemic has increased the challenges people are facing in everyday life as a result of hardship such as financial uncertainty and social isolation. Help is available if you are experiencing:

- Anxiety
- Depression
- Isolation
- COVID Fatigue
- Addiction Issues
- Family Issues

This confidential, Métis-owned and operated service offers Red River Métis Citizens culturally appropriate mental health supports.

1.833.390.1041 Ext 1

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Health & Wellness



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