**Winnipeg Crisis Phone List**

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| Crisis Stabilization Unit, 755 Portage Avenue | 204-940-3633 |
| Klinic 24 Hour Suicide Crisis Line | 204-786-8686 |
| Klinic Sexual Assault Line | 204-786-8631 |
| Manitoba Suicide Line (24 Hours) | 1-877-435-7170 |
| Mobile Crisis Unit | 204-940-1781 |
| Osborne House Crisis Line | 204-942-3052 |
| Seneca Help Line (7pm - 11pm) | 204-942-9276 |
| Youth Emergency Crisis Stabilization System | 204-949-4777 |