

Resources for young people in Manitoba

Sexual Assault Crisis Line

- 24-hour phone line providing information and crisis intervention to sexual assault survivors and those close to them. Counselling is available for anyone 16 years and older who has experienced sexual assault, and sexual assault services are available for anyone 14 years of age and older who has experienced sexual assault.
- 🔗 klinik.mb.ca/in-person-counselling/sexual-assault-crisis-counselling
- ☎ 1-888-292-7565

SARAH Handbook: Sexual Assault Recovery & Healing

- The SARAH Handbook provides information about trauma responses after an experience of sexual violence, various medical and legal options available in Manitoba, and resources.
- 🔗 survivors-hope.ca/wp-content/uploads/2024/07/SARAH-Handbook-March-2024.pdf

📍 North-eastern Manitoba


NERSE (North East Regional Stop Sexual Exploitation Team)

- A regional team working on addressing child sexual exploitation in north eastern Manitoba.
- 🔗 survivors-hope.ca/nerse
- ☎ 204-272-8835 (direct line)
- ✉ executivedirector@survivors-hope.ca


Resources for young people in Manitoba

Winnipeg



Hummingbird – Sexual Assault and Intimate Partner Violence Crisis Response Program

- Ensures survivors will have a choice to seek support in a community-based setting if they do not require emergency medical treatment or would like to access care in a non-hospital environment.
-  klinik.mb.ca/crisis-support

Heart Medicine Lodge

- Culturally-based support and advocacy services for Indigenous women who have experienced sexual assault and sexual violence. Available to all who identify as women and are over the age of 18. Services include healing program, mindfulness drop-ins, sharing circles, advocacy, information and referrals.
-  kanikanichihk.ca/heart-medicine-lodge

Ndinawe


- A not-for-profit organization dedicated to helping at-risk youth in Winnipeg. Programs target harm reduction, crisis intervention, education and stabilization for young people at risk of, or experiencing, homelessness, sexual exploitation, family conflict, placement breakdown, and mental health crises.
-  survivors-hope.ca/nerse
-  204-417-7233


Resources for young people in Manitoba


Interlake–Eastern Manitoba

SARAH (Sexual Assault Recovery and Healing) Program


- Provides 24/7 crisis support, long-term counselling, support groups, advocacy, and referrals to those affected by sexual violence in Interlake–Eastern Manitoba. Use their online map to find the services nearest you: hospital & RCMP locations where SARAH support & Third Party Reporting assistance is available.

 survivors-hope.ca/sarah

 204-753-5353

 support@survivors-hope.ca

ISEE (Interlake Sexual Exploitation Educators) Online Safety Presentations for schools grade 7–12

- Request a presentation online. Topics include internet safety, common apps, sextortion, cyberbullying, sexual exploitation.
-  interlakesee.ca/book-a-presentation1.html