

Keeping Children Safe

Child maltreatment is when children are harmed, or are at risk of harm, from a person they trust or depend on. According to Article 19 of the *United Nations Convention on the Rights of the Child*, children have the right to be protected from being hurt or treated badly. Kids have a right to be safe and we all have a duty to protect them.

Parenting during a pandemic can be hard...



ASKING for help is part of parenting. Reach out to family, friends, community members, and groups that can support you.



OFFERING help may save a life. Reach out to your loved ones and to community members who may need a hand.

Need Mental Health Help for Adults?

If you are in crisis and need immediate help, call 911.



Virtual Therapy - Province of Manitoba
Call 1-844-218-2955



Wellness Together Canada
Text 741741 or call 1-866-585-0445



Mobile Crisis Service - Winnipeg Regional Health Authority - Call 204-940-1781



First Nations and Inuit Hope for Wellness Help Line - Call 1-855-242-3310



Manitoba Keewatinowi Okimakanak Mobile Crisis - Call 1-844-927-LIFE (5433)



Canadian Mental Health Association - Manitoba and Winnipeg - Call 1-204-982-6100

For a list of province-wide mental health crisis and non-crisis regional contacts, visit: www.gov.mb.ca/health/mh/crisis

Parenting Resources



Manitoba First Nations and Metis Parenting Booklets
[A Child Becomes Strong: Journeying Through Each Stage of the Life Cycle.](#)
[Inunnguiniq Childrearing Advice from Inuit Elders](#)



Find links to these resources and a special report on child maltreatment at ManitobaAdvocate.ca

If you witness or suspect child abuse or maltreatment, call the province-wide emergency toll free line: 1-866-345-9241