

Mental Health Resources for Manitoba Teachers



For most of us, seeking professional help to maintain our physical health is routine—we don't give it a second thought. But when it comes to our mental health, we sometimes dismiss our feelings or fail to see that we need help until we're at the breaking point. This has to change.

We all internalize and process stress in different ways, but there's no doubt that the reality teachers have faced, particularly during the pandemic, has taken a toll. As an educator, it's important to make your health, both physical and mental, a priority—for yourself, your families, students, and colleagues.

It can be difficult to find the right mental health resources, so MTS compiled this resource guide to help you locate and connect with the help you need, when you need it.

Take time to review this document, and keep it handy. Help should always be at your fingertips.

Crisis Services in Manitoba

If you are in crisis and need help immediately, there are people available to help. A few of these resources are listed below. For a complete listing of crisis response services and helplines, click [here](#).

Manitoba Suicide Prevention & Support Line: 1-877-435-7170 (1-877-HELP170)

Klinic Crisis Line: 1-888-322-3019 or 204-786-8686 or TTY: 204-784-4097

Kids Help Phone (national line available to Manitoba youth): 1-800-668-6868

Winnipeg Crisis Response Centre, Mobile Crisis Service: 204-940-1781

Interlake-Eastern Regional Health Authority

24-Hour Crisis Line: 1-866-427-8628 or 204-482-5419

Northern Health Region

Thompson Youth (17 and under) Mobile Crisis Team: 1-866-242-1571

Prairie Mountain Health South District (formerly Brandon, Assiniboine)

Adult Crisis Line: 1-888-379-7699

Youth Under 18 Crisis Line: 1-866-403-5459

Crisis Stabilization Unit: 1-855-222-6011 or 204-727-2555

Mobile Crisis Services: 204-725-4411

Prairie Mountain Health North District (former Parkland)

Adult and Youth Crisis Line: 1-866-332-3030

Southern Health-Santé Sud/East of Red River – Crisis Response Services: 1-888-617-7715

Crisis Stabilization Unit: 1-855-320-1096

Manitoba Teachers' Society Resources

HumanaCare Services: Supporting MTS Members and Their Families

On January 1, 2022, MTS launched its Member and Family Assistance Program, featuring counselling services offered through HumanaCare. This program replaces MTS' long-standing Educator Assistance Program (EAP).

Through **HumanaCare**, MTS members and eligible family can receive one-on-one counselling, as well as an array of other wholistic support services. These include family, relationship, grief and bereavement counselling, as well as support for substance use, depression, work related stress, diet and nutrition, even legal and financial counselling.

To request services 24/7 on any day of the year, call 1-800-661-8193, or go online at www.humanacare.com/mts.



Extended Health Coverage

As a public school teacher in Manitoba, you have benefits that may include access to a counsellor or clinician in private practice—unless you've opted out of that coverage. Most MTS members are covered at 80 percent to maximum of \$850 per calendar year.

Benefits may differ, however, for members in the Winnipeg Teachers' Association (WTA), Seven Oaks Teachers' Association (SOTA), and Thompson Teachers' Association (TTA). If you're a member of one of those locals, check the benefits provided by your employer/local to find out more.

The Manitoba Psychological Society's **Find a Psychologist** webpage can help you find a clinician near you. Some may offer virtual sessions for clients who can't attend in person.

Manitoba Teachers' Society Workshops

"Wellness and the Resilient Educator: Managing Change" is a series of workshops tailored to the specific needs of public school educators, designed by the Professional and French Language Services team at MTS. The workshops can be booked individually or in a combination that suits your school's unique needs. Click [here](#) to learn more.

1 Resiliency

This workshop focusses on building resilience within the context of work and societal change.

Here you will:

- unpack the definition of resilience in today's world.
- explore the role of empathy, as well as energy and demand management and play in building resilience.
- develop a recovery training plan to build and maintain personal balance.

2 Indigenous Approaches to Holistic Wellness

The ability to balance our mental, physical, and emotional selves is central to our sense of wellness and wellbeing.

In this session, you will:

- learn about Indigenous approaches to wellness from a variety of Elders and Knowledge Keepers.
- use storytelling and experiential learning approaches.

3 Navigating the Waters of Change

A global pandemic has created opportunities to use reflection and strategy in your teaching practice.

In this session, you'll learn how to:

- build collective efficacy and social capital.
- engage in learning and inquiry.
- implement change to move forward with a well-informed foundation.

Additional Resources

Canadian Mental Health Association (CMHA) – Mental Health Resources in Winnipeg

The CMHA has put together a detailed list of **mental health resources** located in Winnipeg. Even if you live outside the city, it may be helpful to check the list and consult with experts who work with the various agencies.

Canadian Mental Health Association

Care for All in Education

Recognizing that those who work in public education can experience additional stress and anxiety due to their role throughout the pandemic, the Canadian Mental Health Association (CMA) created a website of resources tailored to the unique needs of educators. **Care For All in Education** features support resources focused on anxiety, depression, maintaining social connection, navigating grief, and ways in which you can disrupt feelings of helplessness and distress that, over time, impact your physical and emotional health.

Care For All in Education lists crisis services available to educators in Manitoba, in languages that include English, French, Cree, Ojibway and Inuktitut.

Your family and friends are facing significant challenges, too, and the weight of that reality can be crushing. This helpful **Supportive Conversation Library** gives you the tools to have difficult conversations about mental health, stress, addiction, anger and abuse with people you care about.

Bounceback: Reclaim Your Health

The Canadian Mental Health Association's **Bounceback: Reclaim Your Health** program is designed to help adults and youth aged 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. This self-guided program uses workbooks and a trained coach to guide you and encourage reflection, building skills to help you improve your mental health. Bounceback is free of charge to users.

Canadian Teachers' Federation (CTF) "But at What Cost?" Teacher Mental Health Report

The Canadian Teachers' Federation (CTF/FCE) pandemic research report, **"But at what cost?" Teacher mental health during COVID-19**, captures first-hand accounts and an in-depth understanding of living through a pandemic as a teacher during the 2020-2021 school year. The collected narratives from the interviews reveal how and why various aspects of teachers' professional lives contributed to a decline in mental health.





The EdCan Network – Well at Work

Teachers experience stress and burnout at a greater rate than those in many other professions. This not only impacts their own mental health, but also their students' wellbeing and academic success – leading to significant costs for school districts, recruitment challenges, and reduced workplace morale. **Well at Work** aims to:

- Reduce stress, burnout and disability due to mental health problems among educators across Canada.
- Build capacity in education leaders to develop their own unique approaches that will improve workplace wellbeing, reduce financial costs, and create more positive working and learning environments.

Being Well at Work: Personalized Coaching for School Leaders

Being Well at Work is an EdCan Network program designed and delivered together with BTS Spark, a leading not-for-profit initiative that has coached over 13,000 K-12 leaders across Australia, the United Kingdom, Canada, and the United States. The program enables K-12 education leaders and teachers to develop their personal wellbeing, resilience, and leadership skills. The program tackles the daily challenges of educational leadership with a certified coach.

Ontario Teachers' Federation – Survive and Thrive

Survive and Thrive is an online tool from the Ontario Teachers' Federation for beginning teachers, occasional teachers, mentors and teacher candidates. The site focuses on strategies to positively manage stress, address mental health issues and maintain a healthy work-life balance.

