



Mental Health Support Line

The need for Métis specific mental health support is evident now more than ever in the wake of the COVID-19 pandemic. Our Mental Health Support Line provides citizens with access to Métis counselors and resources. Lines are open 7 am to 11 pm daily.

Mental Health Telephone Service
1-833-390-1041 Ext. 1

Manitoba Métis Federation Regions: Northwest Region, The Pas Region, Thompson Region, Interlake Region, Southwest Region, Winnipeg Region, Southeast Region.

To contact Clinical Services:

 **1-833-390-1041 Ext. 3**

 **clinicinfo@mmf.mb.ca**



MÉTIS MOBILE CLINICS
ARE SCHEDULED
TO VISIT YOUR
COMMUNITY





SERVICES

Why you should visit the Métis Mobile Clinic...

All Red River Métis Citizens have the right to evidence-based, client-informed care. All clients and patients, no matter their age, sexuality, size, or personal circumstances, will be treated with respect and consideration.

The Manitoba Métis Federation is committed to providing quality, accessible and culturally appropriate care, including health promotion and prevention, education, and Métis-specific research for all people who attend our clinics.

Some of the specific health services we provide:

General Health Assessments

Registered/Licensed Nurses can provide a quick '5-minute health check in'. This involves checking blood pressure and other vital signs.



Point of Care Testing

A simple test that only takes a few minutes, using the gold standard in testing equipment. This service eliminates the need for Citizens to go to labs for testing and provides immediate results on:

- Average blood sugar levels over the past 2-3 months
- Cholesterol levels

Diabetic Education

Short 2-hour interactive diabetes education sessions surrounding knowledge transfer of sustainable self-management skills. These are approached with an environmental and cultural lens making each session unique to that community. Some topics of interest: what is diabetes, what is a high blood sugar, what is a low blood sugar, and lifestyle management skills.

Substance Use and Addictions Program

We are currently providing programming and services to address addictions, mental health, wellness and opioid use within Red River Métis community.

A Healthy Nation begins with your well-being

The mission of the Manitoba Métis Federation's Health and Wellness Department is to improve the health and wellness of Métis Citizens across all seven regions in the province. This includes supporting the needs of hard-to-reach communities by delivering culturally sensitive care.

Our experienced Team consists of Community Nurses, a Nurse Practitioner and Support Workers.