



**NORTHERN
HEALTH REGION**

Men's Health and Well-Being

Healthy People, Healthy North.



Men's Health

- Men's health is in crisis. Globally, men are dying six years earlier than women, and for largely preventable reasons.
- To change the face of men's health is an ambitious challenge, but it is a challenge that November is committed to addressing through the programs that have been invested in around the world.



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Healthy North.*

Movember in November

- Movember programs are focused on three primary cause areas: mental health and suicide prevention, prostate cancer, and testicular cancer.
- Movember's mental health programs aim to address and deliver mental health programming tailored for **men of all ages**.



MOVEMBER.COM



Mental Health and Suicide Prevention

- Mental health is an integral part of health.
- In Canada, **3 of 4** deaths by suicide are men.
- Men often don't feel comfortable talking about significant life events, such as becoming a father, breakdown of a relationship, job loss, or financial trouble.
- Movember hopes to keep men and boys mentally healthy by strengthening their mental health resiliency through the establishment of strong social networks.



Prostate Cancer

- **1 in 9** Canadian men will be diagnosed with prostate cancer in their lifetime.
- Movember invests in research and health services that contribute to less men dying from prostate cancer and for those that live with the disease a greatly improved life, both physically and mentally.



Testicular Cancer



- Testicular cancer is the most commonly diagnosed cancer in young Canadian men aged **15-34 years.**
- Movember invests in research and health services that contribute to no man dying from testicular cancer and for those that live with the disease a greatly improved life, both physically and mentally.



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- For more information on men's health and wellness and Movember's programs or events visit the website below:

<https://ca.movember.com/?home>



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Let's Talk The Northern Health Region

- Mental Health Services & Supports:
 - Across the lifespan
 - Men, Women, Children/Adolescence
 - Available across varying states of:
 - Mental Wellbeing/Health/Illness



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Community Mental Health

- This program focuses on risk reductions, recovery, and resiliency for individuals experiencing poor mental wellbeing and/or an enduring mental illness.
- Both Adult and Child/Adolescent services available.
- To access this service in Flin Flon, MB, **Call: 204-687-1350** and ask for “mental health intake.”

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Addictions Foundation of Manitoba-Flin Flon



- Phone: 204-687-1665
- Hours of Operation: Mon- Fri,
8:30 am – 4:30 pm
- Address: 53 Main Street, Unit 2,
Flin Flon, MB, R8A 1J7
- Email: www.afm.mb.ca

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Provincial Supports



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MB Farm, Rural & Northern Support Services – “The Support Line”

- **Anyone** can call **204-571-4180**
or (toll free) **1-866-367-3276**
- Services are 24/7 and for all ages.

MANITOBA
**Farm Rural
& Northern
Support Services**

LIVE CHAT:
supportline.ca

CALL TOLL FREE:
1-866-367-3276

Free, confidential telephone &
online counselling for all ages.

 Klinic
Community
Health Program



Do you **Farm?**
Live in **Rural Manitoba?**
Live in the **North?**

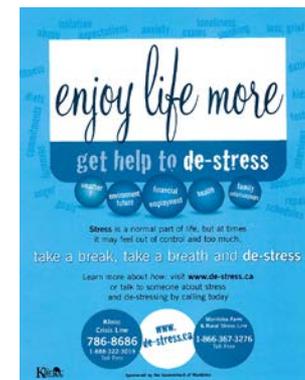
Are you struggling or in crisis?
Need someone to talk to?



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Klinic Crisis Line (24/7)

- All ages, genders and backgrounds welcome.
- Can call about any problem! And at any time you need to talk. You do not have to be in crisis or suicidal to call.
- Calling the Crisis Lines can be a good place to start when trying to sort out a problem.
- **Klinic Crisis Line Phone: (204) 786-8686**
Toll free: 1-888-322-3019





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MB Suicide Prevention & Support Line 24/7

Services available to you, if you are:

- Struggling with suicidal thoughts or feelings yourself.
- Concerned about a friend, family member or co-worker.
- Impacted by a suicide loss or suicide attempt.
- **Call: Toll free: 1-877-435-7170**



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Substance Use Support

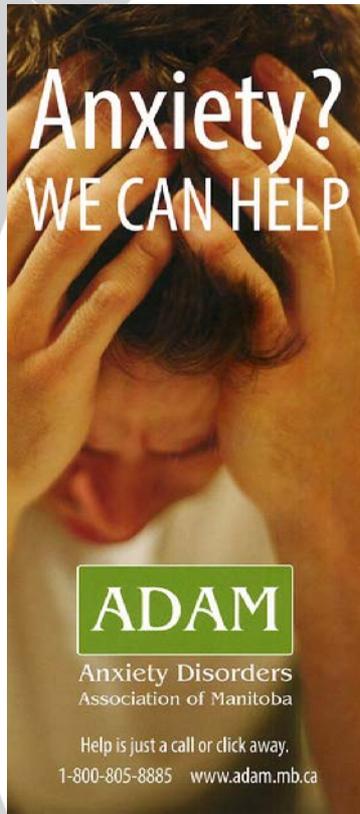
- Manitoba Addictions Helpline **1-855-662-6605**
Email: MBAddictionHelp@afm.mb.ca
- Youth Addictions Centralized Intake Service
Toll-Free: **1-877-710-3999**
- Gambling Helpline (24/7)
Toll-Free: **1-800-463-1554**





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Anxiety Disorders Association of Manitoba



- Connect to a peer supporter with experience and knowledge about anxiety and coping techniques.

- Winnipeg Call: 204-925-0040

Toll Free:

1-800-805-8885 www.adam.mb.ca

Email: adam@adam.mb.ca

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Mental Wellness Support Line - MMF

The Manitoba Metis Federation is pleased to offer a toll-free Mental Health Wellness Support Line for Métis Citizens (youth to elders) which can be reached by calling: **1-833-390-1041**



**Manitoba Metis
Federation**

Believe in Yourself - Believe in Metis

- **Available daily from 7:00am - 11:00pm.**



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Mood Disorders Association of MB



Mood Disorders
ASSOCIATION OF MANITOBA

*Helping people
help themselves*

Peer Support by phone:
[1-204-786-0987](tel:1-204-786-0987)

Toll-Free: [1-800-263-1460](tel:1-800-263-1460)

M-F | 9AM - 4PM

S-S | 10AM - 4PM

- Email support

www.mooddordersmanitoba.ca



RECEIVE PEER SUPPORT
THROUGH EMAIL!

WWW.MOODDISORDERSMANITOBA.CA



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Health Links / Info Santé

- A 24-hour/ 7 days a week telephone information services staffed by registered nurses with the knowledge to provide answers to your health care questions and to guide you to the care you need.
- Call anytime: **(204) 788-8200**
or Toll-Free: **1-888-315-9257**



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National Supports





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Homewood Health (24/7)

- They realize that men and women experience many of the same mental health disorders, but willingness to talk about challenges and feelings are very different.

- Toll-Free: 1-866-585-0445



- Check out their website:

<https://homewoodhealth.com/corporate/blog/mens-mental-health>

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Crisis Services Canada

- If you are thinking about suicide, or are worried about a friend or loved one:
- **Call:** Toll-Free: 1-833 456-4566
- **Text:** 45645
- 24/7 for voice calls
- 3 pm-11 pm for text



Crisis
Services
Canada



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Additional sources of information

- **Buddy Up-** a campaign for suicide prevention. <https://www.suicideinfo.ca/buddy-up-for-mens-suicide-prevention/>
- **Don't Change Much-** get email tips for feeling healthier and happier. <https://dontchangemuch.ca/>
- **Men's Health Foundation-** tips and helpful tools so men can make small changes that have a big impact on their life. <https://menshealthfoundation.ca/>
- **Helpful links and pamphlets:** <https://menshealthfoundation.ca/resources/>



Additional Sources of Information

- **Heads Up Guys-** health strategies for managing and preventing depression. This site is aimed at helping men who feel alone and at risk of developing depression. It is also a helpful site for family and friends. <https://headsupguys.org/>
- **Movember-** a campaign centered around men's health (prostate, testicular and mental health). <https://ca.movember.com/mens-health/mental-health>
- **Look Behind the Mask-** Canadian Centre for Men and Families. A suicide awareness and prevention campaign. <https://menandfamilies.org/lookbehindthemask/>



NORTHERN HEALTH REGION

REGIONAL OFFICES

Flin Flon

84 Church Street
Flin Flon, MB R8A 1L8
T. 204-687-1300 • TF. 888-340-6742

The Pas

163 Edwards Ave
The Pas, MB R9A 1K2
T. 204-627-6800 • TF. 888-340-6742

Thompson

867 Thompson Drive South
Thompson, MB R8N 1Z4
T. 204-677-5350 • TF. 888-340-6742

northernhealthregion.ca