



**Canadian Mental
Health Association**
Across Manitoba
Mental health for all

Coping with Manitoba's Wildfires: Mental Health Support Is Here

CMHA Across Manitoba is deeply concerned for the well-being of everyone affected by the devastating wildfires and the state of emergency in the province.

Our thoughts are with the individuals, families, communities, and frontline responders who are experiencing evacuations, uncertainty, and loss. This is a challenging and emotional time and we want you to know that you are not alone.

We recognize that natural disasters like wildfires not only threaten physical safety and homes, but they also have profound effects on mental health and emotional well-being. Feelings of fear, anxiety, grief, and loss are valid and common in times of crisis. For those who have been displaced, face evacuation orders, or are living in proximity to active fires, these emotions can be overwhelming.

During this difficult time, CMHA Across Manitoba wants to remind everyone that mental health care is essential. We encourage people to reach out for support as needed and to check in with loved ones.

To those on the front lines—firefighters, emergency personnel, volunteers, and community leaders: we thank you for your courage, dedication, and compassion. Your brave and selfless efforts ensure that communities throughout Manitoba continue to be kept as safe as possible considering the current wildfire crisis.

CMHA Across Manitoba is here to help

We are available to provide mental health support to anyone impacted by the wildfires. Whether you're facing stress, fear, grief, or anxiety, we want to help you feel supported and connected.

Contact CMHA's Service Navigation Hub

Support is available for both adults and youth through our Service Navigation Hub, which connects individuals to the right mental health and wellness resources quickly and compassionately.

- Call the HUB direct line at 204-775-6442
- Email hub@cmhawpg.mb.ca
- Visit our locations in-person
 - Winnipeg: 930 Portage Avenue during CMHA hours of operation, 8:30 a.m. to 4:30 p.m., Monday to Friday (excluding holidays).

View more information about our mental health services at www.cmhaacrossmb.ca.

CMHA Across Manitoba remains committed to supporting the mental health needs of all Manitobans. Let us continue to care for one another with kindness, patience, and resilience. Together, we will recover and rebuild.

If you are an evacuee and you need help connecting with your local authorities, contact Manitoba 211 for assistance by calling 211 from anywhere in Manitoba or email 211mb@findhelp.ca. For more information, visit <https://mb.211.ca/get-help-now>.

Visit the Canadian Red Cross website for information on the Manitoba Wildfires Response at www.redcross.ca/2025manitobawildfires.