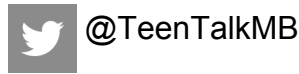
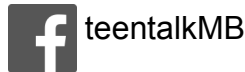
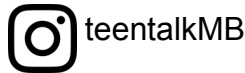


# teen talk

For more info on sexual health, mental health, substance use and healthy relationships, check us out at [teentalk.ca](http://teentalk.ca)

Follow us on:



**Need help now?**

**Klinik Crisis Line 1.888.322.3019**

## NEED TO TALK?

**Klinik Crisis Line** (24 hrs).....**1.888.322.3019**  
Counselling and support for people in crisis. or **204.786.8686**

**MB Suicide Prevention & Support Line** (24 hrs).....**1.877.435.7170**  
Support for people thinking about suicide, or affected by another's thoughts/ attempts of suicide.

**Klinik Sexual Assault Crisis Line** (24 hrs) .....**1.888.292.7565** or **204.786.8631**  
Counselling, information, support and advocacy concerning sexual assault.

**Kids Help Phone** (24 hours).....**1.800.668.6868**  
Live chat Thurs-Sun at [kidshelpphone.ca](http://kidshelpphone.ca)  
Canada wide support and info service for youth.

**Manitoba Farm and Rural Support Services** .....**1.866.367.3276** (Mon-Fri 10am-9pm)  
Info, support, counselling, online chat, support and referrals for farm and rural families throughout MB. [ruralsupport.ca](http://ruralsupport.ca)

## NEED SUPPORT?

**Klinik Drop- In Counselling Program** (Mon / Wed 12-7pm, Tues / Fri / Sat 12-4pm).....**204.784.4067**  
545 Broadway Ave. ~ Free counseling on any issue for anyone over the age of 13. [klinik.mb.ca](http://klinik.mb.ca)

**Youth Mobile Crisis Team** (24 hour crisis line).....**1.888.383.2776** or **204.949.4777**  
Crisis response team that delivers services to children, adolescents, families & care-givers.

**Addictions Foundation of Manitoba Youth Services** .....**1.866.638.2561** or **204.944.6235**  
Counselling, treatment and support groups for youth and families dealing with addiction. [afm.mb.ca](http://afm.mb.ca)

**Rainbow Resource Centre (LGBTQQ\*)** .....**204.474.0212**  
170 Scott St. ~ Counselling on any issue, library, safer sex supplies, youth groups and drop-ins. [rainbowresourcecentre.org](http://rainbowresourcecentre.org)

**Street Connections** (Winnipeg only) .....**204.981.0742**  
496 Hargrave. & mobile outreach van (call/go online for route) [streetconnections.ca](http://streetconnections.ca)  
Safer drug use supplies and info, free condoms, STI/HIV & pregnancy testing.

**Ka Ni Kanichihk**.....**204.953.5820**  
455 McDermot Ave.~ Culturally based Aboriginal identified programs and services for youth (and all ages). [kanikanichihk.ca](http://kanikanichihk.ca)

**Gender Dysphoria Assessment and Action for Youth Team**.....**204.787.7435 ext 3**  
FE 30- 685 William Ave. ~ Manitoba & area program for transgender youth up to age up to age 17, youth or parents can call. [gdaay.ca](http://gdaay.ca)

**Child and Adolescent Eating Disorders Service** .....**204.787.7218**  
PZ 16- 771 Bannatyne Ave. ~ The Child and Adolescent Eating Disorders Service provides treatment in either a day treatment or out-patient setting.

**Find your local Teen Clinic**.....[www.teenclinic.ca](http://www.teenclinic.ca)  
Teen Clinics offer youth confidential health/medical services and are only for youth.