

NEED SUPPORT?

Klinik Drop-In Counselling Program (Mon / Wed 12-7pm, Tues / Fri / Sat 12-4pm).....204.784.4067
 545 Broadway Ave. ~ Free counselling on any issue for anyone over the age of 13. 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 Services1.866.638-2561 or 204.944.6235
 Counselling, treatment and support groups for youth and families dealing with addiction. afm.mb.ca

Rainbow Resource Centre (LGBT2SQ+)204.474.0212
 170 Scott St. ~ Counselling on any issue, library, safer sex supplies, youth groups and drop-ins.

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

Ka Ni Kanichihk204.953.5820
 455 McDermot Ave. ~ Culturally based Aboriginal identified programs and services for youth (and all ages). kanikanichihk.ca

Gender Dysphoria Assessment and Action for Youth Team204.787.7435 ext 3
 FE 30- 685 William Ave. ~ Manitoba & area program for transgender youth up to age 17, youth or parents can call. gdaay.ca

Child and Adolescent Eating Disorders Service204.787.7218
 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
 Teen Clinics offer youth confidential health/medical services and are only for youth.

Flip open for some Teen Talk Activities

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 Line1.888.292.7565
 (24 hrs) 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
 Canada wide support and info service for youth.



545 Broadway, Winnipeg, MB
 R3C 0W3 | 204.784.4010

Teen Talk is not a crisis service. If you need to talk call Klinik Crisis Line 204.786.8686 or 1.888.322.3019

teen talk

For more info on sexual health, mental health, substance use and healthy relationships, check us out at teentalk.ca

Follow us on:



teentalkMB



teentalkMB



@TeenTalkMB



Need help now?

Klinik Crisis Line 1.888.322.3019

PATHWAYS TO HEALTH

Three people I can talk to:
(check out the phone #'s on other side!)

- 1.
- 2.
- 3.

Three activities I like to do:
(e.g. Cooking, video games, hanging out with family/friends)

- 1.
- 2.
- 3.

Three things I like about myself:
(e.g. My jokes, my sports talent, my taste in music, my smile, and so on!!!)

- 1.
- 2.
- 3.



Fill this out when you feel good, keep it somewhere special and then take a look at it if you are having a hard time. It might brighten your day.



BODY IMAGE BOOSTER

Sometimes its tough to be happy with ourselves with all of the messages saying that we need to change. Here's a space to remind yourself how fantastic you are.



Write 3 things about your body that you enjoy.

Write down a compliment you received that made you feel good.

Write a piece of clothing or an accessory that makes you feel good.

Write 3 of your best personality traits.

QUALITIES OF A HEALTHY RELATIONSHIP

K B B F J H T M X S N A G O I
 F S W O O M J U M T N F Q J E
 J C D U U E T C G S P F J K Y
 C O M M O N I N T E R E S T S
 B S K A Z P D X L F Q C A C Q
 S U P P O R T A O B S T F E Z
 Y T I L A U Q E R P G I E P E
 H K B Q N U F E A I A O T S R
 Z B Z E I T V C B R E N Y E R
 L J U V X P E L E G O S U R L

Equality Fun Boundaries

Affection Support Space

Respect Safety Common Interests