

Need Support?

Klinik Drop-In Counselling Program (Mon / Fri/Sat 12-4pm, Tues / Thurs 12-7pm).....204.784.4067
870 Portage Ave. Free counselling on any issue for anyone over the age of 13. klinik.mb.ca

Addictions Foundation of Manitoba Youth Services1.877.710.3999
Counselling, treatment and support groups for youth and families living with addiction. afm.mb.ca

Rainbow Resource Centre (2STLGBQ+)204.474.0212
170 Scott St. Counselling on any issue, library, safer sex supplies, safer substance use supplies, youth groups and a summer camp. rainbowresourcecentre.org

Street Connections204.981.0742
496 Hargrave. & mobile outreach van (call/go online for route) Safer drug use supplies, info, support and free condoms. streetconnections.ca

Ka Ni Kanichik204.953.5820
455 McDermot Ave. Culturally based Indigenous programs and services. kanikanichik.ca

Child and Adolescent Eating Disorders Service204.787.7218
PZ 16- 771 Bannatyne Ave. Provides treatment for eating disorders.

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?

Open 24 hours a day, 7 days a week
and always confidential

Klinik Crisis Line.....1.888.322.3019
Support for people in crisis. 204.786.8686

MB Suicide Prevention & Support Line.....1.877.435.7170
Support for people thinking about suicide or supporting someone with thoughts of suicide.

Klinik Sexual Assault Crisis Line1.888.292.7565
or 204.786.8631
Counselling, information, and support for experiences of sexual assault.

Hope for Wellness Help Line....1-855-242-3310
Counselling and support for Indigenous peoples.
Online chat at hopeforwellness.ca

Kids Help Phone.....1.800.668.6868
Support for youth. You can text **connect** to 686868
or online chat at kidshelpphone.ca

Teen Talk is a program of SERC and Klinik Community Health. We are not a crisis service. If you need to talk call the Kids Help Phone 1.800.668.6868

200-226 Osborne St. N, Wpg MB R3C 1V4

teen talk

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

Follow us on:



teentalkMB



teentalkMB



@TeenTalkMB

Need support now?
Call the Kids Help Phone
1.800.668.6868

Pathways to Health

Three people I can talk to:

(check out the phone #'s on other side)

- 1.
- 2.
- 3.

Three things I like to do:

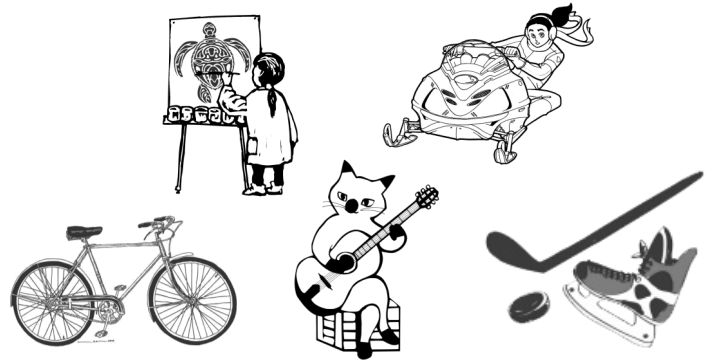
(e.g. Cooking, video games, hanging out with family/friends)

- 1.
- 2.
- 3.

Three things I like about myself:

(e.g. My jokes, my sports skills, my music taste, my smile)

- 1.
- 2.
- 3.



Keep this somewhere special and look at it if you are having a hard time. It might brighten your day.

Feeling nervous about going to the clinic?

Use this to get what you want from your visit!

Hello,

I am feeling _____ about being here.

I am here to talk about or to get: (check all that apply)

Birth Control A Pregnancy Test
 STI/HIV Test A Physical Health issue
 My Mental Health Other: _____

I have had sex using my: (circle all that apply)

Mouth Anus Vagina Penis

I am worried about:

I would like a (check all that apply):

STI test Genital warts or herpes test
 HIV test All of the above

Some Questions I have are :



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