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

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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. 

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:

Three things I like about myself:
(e.g. My jokes, my sports skills, my music taste, my smile)
1. 
2. 
3. 

Three things I like to do:
(e.g. Cooking, video games, hanging out with family/friends)
1. 
2. 
3.