

# 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:



teentalkMB



teentalkMB



@TeenTalkMB

**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 or 204.786.8686  
for people in crisis.

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

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

**Hope for Wellness Help Line**....1-855-242-3310  
(24 hrs) Counselling and support for Indigenous peoples. Online chat at [hopeforwellness.ca](http://hopeforwellness.ca)

**Kids Help Phone (24 hrs)**.....1.800.668.6868  
Canada wide support and info service for youth.  
In MB you can you can txt **connect** to 686868  
or online chat at [kidshelpphone.ca](http://kidshelpphone.ca)

# Need Support?

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

**Addictions Foundation of Manitoba Youth Services** .....1.877.710.3999  
Counselling, treatment and support groups for youth and families dealing with addiction. [afm.mb.ca](http://afm.mb.ca)

**Rainbow Resource Centre (2STLBGQ+)** .....204.474.0212  
170 Scott St. Winnipeg, MB Counselling on any issue, library, safer sex supplies, [rainbowresourcecentre.org](http://rainbowresourcecentre.org)  
youth groups and drop-ins.

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

**Ka Ni Kanichihk**.....204.953.5820  
455 McDermot Ave. Culturally based Indigenous programs and services. [kanikanichihk.ca](http://kanikanichihk.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.