

# teen talk

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

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**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**  
Counselling, information, support and advocacy concerning sexual assault. or **204.786.8631**

**Kids Help Phone (24 hours).....1.800.668.6868**  
Live chat Thurs-Sun at **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**

## NEED SUPPORT?

**Klinik Drop- In Counselling Program (Mon / Fri/Sat 12-4pm, Tues / Thurs 12-7pm).....204.784.4067**  
780 Portage Ave. ~ Free counseling 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 Services .....1.866.638.2561 or 204.944.6235**  
Counselling, treatment and support groups for youth and families dealing with addiction. **afm.mb.ca**

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

**Street Connections (Winnipeg only) .....204.981.0742**  
496 Hargrave. & mobile outreach van (call/go online for route) **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**

**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**

**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**  
Teen Clinics offer youth confidential health/medical services and are only for youth.



200-226 Osborne St N | Winnipeg, MB  
R3C 1V4 | 204.784.4010

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