

# NEED SUPPORT?

Flip open for some Teen Talk Activities

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.

**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.

**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 17, youth or parents can call.

**Ka Ni Kanichihk**.....204.953.5820  
 455 McDermot Ave. ~ Culturally based Aboriginal identified programs and services for youth (and all ages).

**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.

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

**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.

**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.

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

## 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 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](http://kidshelpphone.ca)  
 Canada wide support and info service for youth.



200-226 Osborne St. North, Wpg, MB R3C 1V4 | 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](http://teentalk.ca)

Follow us on:



teentalkMB



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@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