

teen talk

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

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**Need support now?
Call the Kids Help Phone
1.800.668.6868**

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 Assault1.888.292.7565
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

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

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

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

Rainbow Resource Centre (2STLBGQ+)**204.474.0212**
170 Scott St. Winnipeg, MB Counselling on any issue, library, safer sex supplies, 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
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

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.