



BY
teen talk
PEER EDUCATION

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Any comments, views or opinions in this zine are those of their respective authors and are not necessarily endorsed or reflect those of Teen Talk, Klinik Community Health, SERC MB or our funders.

THE small PRINT

While you read this zine, please remember we are not professionals. We aren't counsellors, doctors or addiction support workers. We are youth. The info in this zine is not a substitute for professional advice.

What we are experts on is what it's like to be a teen. We provide peer education that includes info based on our own experiences.

Content Note: There are personal stories about drugs and alcohol in this zine. Some good and some bad. Sometimes reading these stories is hard. At the end of the zine is a list resources if you need support.

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Who is Teen Talk?

Teen Talk is a health education program for youth. We provide services from a harm reduction, prevention education perspective. We believe that by providing youth with accurate, non-judgemental info they can make healthier decisions and choices for themselves.

Who is Peer Education?

We are young people who support our peers. We are volunteers with training from Teen Talk. We help our peers by listening, sharing information, and offering support. With Teen Talk's support, we run programs in our schools educate other youth and do stuff like this zine.

Peer Educators made this zine. We come from Winnipeg, the Manitoba Youth Centre, and Sagkeeng First Nation.

Connect with Teen Talk

Check out our website, teentalk.ca

Or find us on Facebook, Twitter or Instagram @teentalkmb

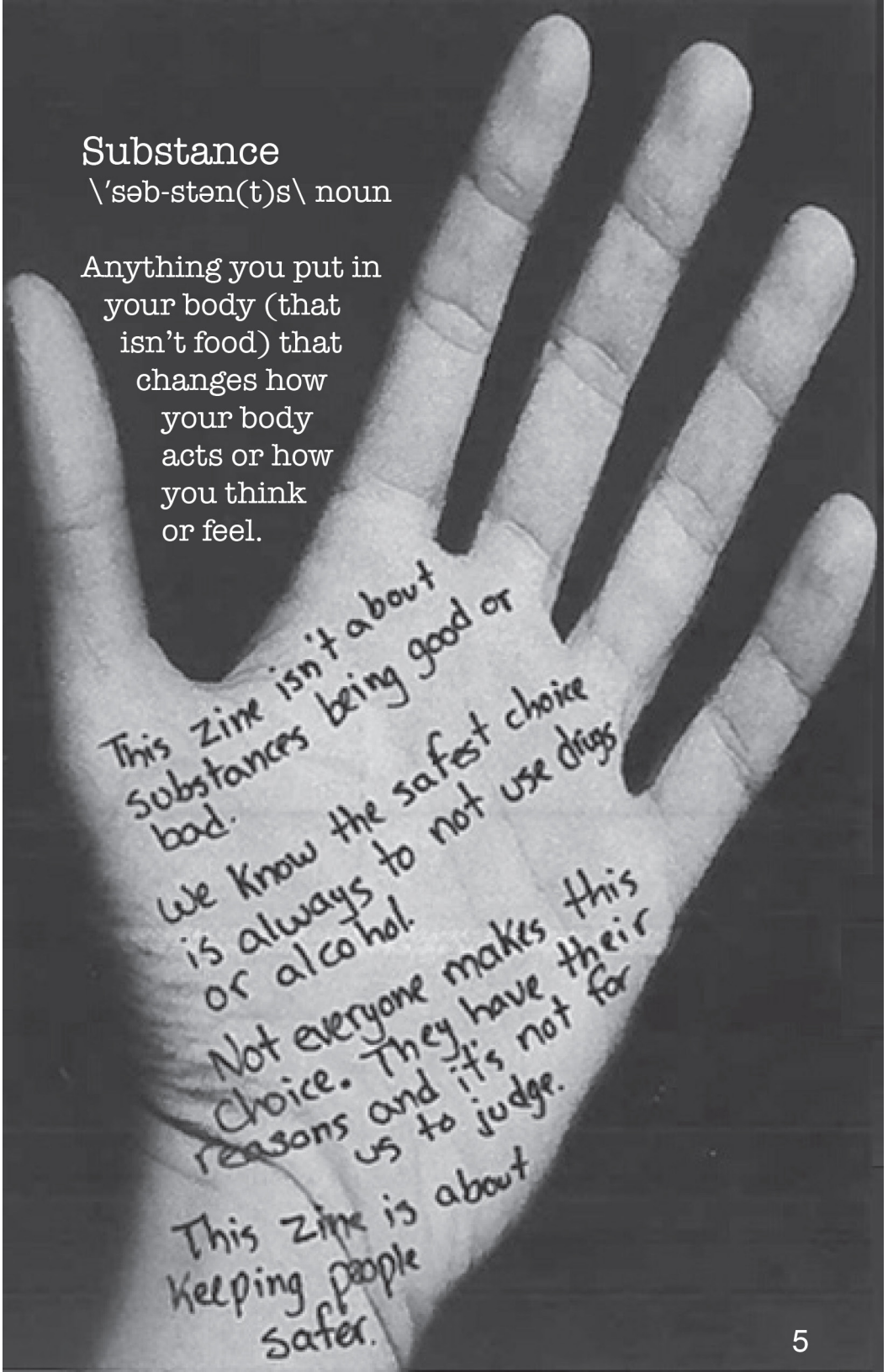
A note from our funder

The Government of Canada provides funding for this zine. The views expressed herein do not necessarily represent the views of the Government of Canada.

Substance

\ˈsəb-stən(t)s\ noun

Anything you put in your body (that isn't food) that changes how your body acts or how you think or feel.

A black and white photograph of a hand with the palm facing up. The palm is covered in handwritten text in a casual, slightly slanted font. The text is arranged in several lines, starting from the wrist and moving towards the fingers. The background is dark, making the hand and the white text stand out.

This zine isn't about
substances being good or
bad.
We know the safest choice
is always to not use drugs
or alcohol.
Not everyone makes this
choice. They have their
reasons and it's not for
us to judge.
This zine is about
keeping people
safer.

"Don't Do Drugs"
Never Really worked for me,
Safety was never a priority..

Now that I know I ask you
to be safe.

Not Every
high is
a good one,
and not Every
warning is one
that sticks...

Be Cautious
what
and know
you're doing.. ☺



Reduces
the risks and
harms of
substance
use

The Sweet
PILL
that RESPECTS
PERSONAL CHOICE
and SHARES
ACCURATE INFO!



HARM REDUCTION

SEE



IT MEETS
PEOPLE
WHERE
THEY'RE AT

Non-judgemental
It's about being
safer

General Tips for Partying Safer

Drink lots of water

Take breaks between using

Start with a smaller dose and give it time to kick-in before taking more

Know your limit (and use less than your limit)

Carry condoms

Use a buddy system

Plan a safe way home

The Recovery Position

If a friend has passed out but still responds and is breathing, put them in the recovery position. This can prevent them from choking on their own vomit. Check on them regularly or stay with them. If they don't respond at all, **call 911**



1) Tilt head backwards to open airways.



2) Bend one arm out at their side.

3) Place other arm across chest with hand against cheek



4) Bring far leg up to a 90° angle. This will help you roll them over no matter your strength or their size

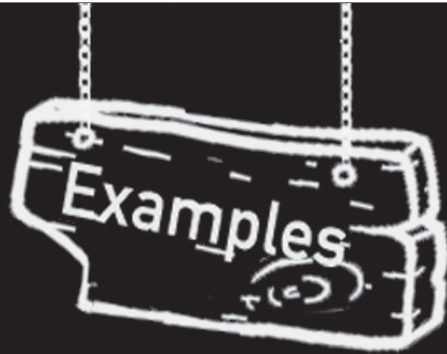
This will help you roll them over no matter your strength or their size

5) Roll them over.





Alcohol
Heroin
Rohypnol
Sleeping pills
Anti-anxiety meds
Medications for depression
Pain Killers like Tylenol[®], fentanyl or codeine



Why might someone use?

People might take downers to reduce physical pain, slow down the body or to relax. It can be used to numb emotional pain, but may end up numbing other feelings too, not just the ones we don't want.



Did you know?

Heroin and morphine come from the seed of the poppy plant. Yes, that thing on your bagel.

Heroin was invented in 1874 as a safer alternative pain reliever to morphine. You could even buy it over-the-counter and in baby cough syrup. It was soon after that they realized just how addictive it can be.

Risks:

Your judgement may be impaired which could lead to doing things you otherwise wouldn't do.

Downers slow down our central nervous system and heart rate. You may get sleepy or even pass out. There is also risk of a coma, overdose or death.

Staying Safer:

Drink lots of water, know your limits, start with a lower amount, and use a buddy system. Plan a safe way home or somewhere safe to crash.

Oh and don't put drugs in peoples drinks!

Alcohol

What is it?

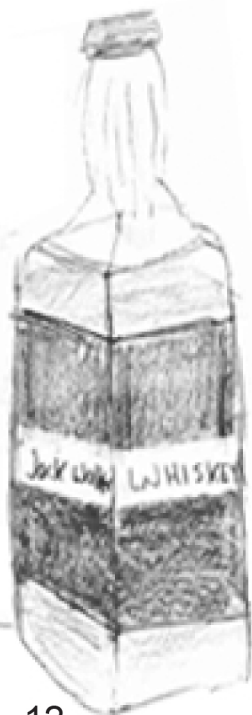
It's made from fermented grains, fruits or vegetables

Effects

- Alcohol is a downer, but in small amounts it can make people feel energetic or happy
- Lowers inhibitions (you might do or say things you normally wouldn't)
- Numbs the body and the mind
- Slows reflexes and reaction times
- Slurred speech and loss of balance

Risks

- Drinking more than the body can handle can lead to alcohol poisoning. This may cause vomiting, passing out or an overdose. Overdose can lead to a coma or death.
- Addiction
- Long term, heavy use can have lasting health effects



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by Melody

Drinking Safer

Plan a safe way home before you go out (have a secret cab or bus fare stash or a designated driver)

Find a safe place to sleep.

Use a buddy system. Look after each other and check on each other regularly.

Watch your drink at all times and don't put stuff in other people's drinks

Know your limits. If 6 beers makes you black out, only bring 3 or 4 beers

Carry condoms

Drink water and eat food

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Drinking and Pregnancy

Alcohol can seriously harm a fetus and may cause Fetal Alcohol Spectrum Disorder (FASD). During a pregnancy it's best to avoid drinking or reduce use as much as possible.

Because of addiction, coping, trauma or lack of information people might use during a pregnancy. It's important to support someone who is pregnant and not shame them for using because then they may not get the help they need.

How can we support someone who is pregnant?

- Don't drink around them
- Listen and do not judge them
- Do fun things with them that don't include drinking/using

project CHOICES

Want to learn more? Check out Project Choices. It's a program for women about alcohol, sex and birth control. It offers info to help make healthy decisions for yourself about alcohol use and contraception.

Project Choices is based on respect and non-judgement. No one will tell you what to do or that you have to change.

Call 204.784.4072 or visit klinik.mb.ca



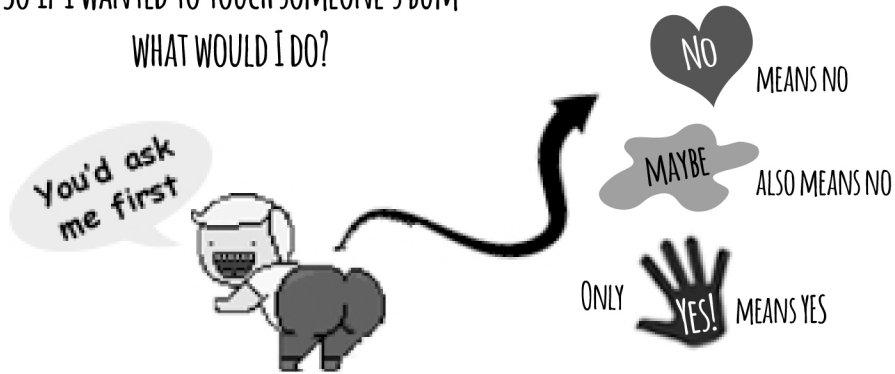
I remember on New Years when I was 15 - I felt like it was the only one sober. I chugged the vodka behind the couch - made out with my best friend + spent 8 hours throwing up. I sunk into the basement bathroom, I found comfort in the cold tiles + the spiders when it felt like the world was crashing in on me.

by Sarah

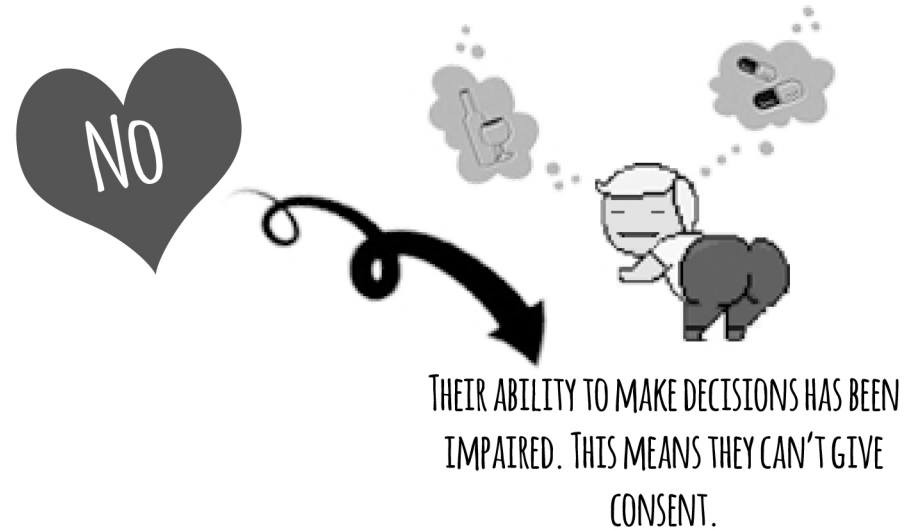
WHAT IS CONSENT?

IT'S GETTING CLEAR PERMISSION FOR ANY SEXUAL ACTIVITY.
WITH CONSENT ONLY YES MEANS YES

SO IF I WANTED TO TOUCH SOMEONE'S BUM
WHAT WOULD I DO?



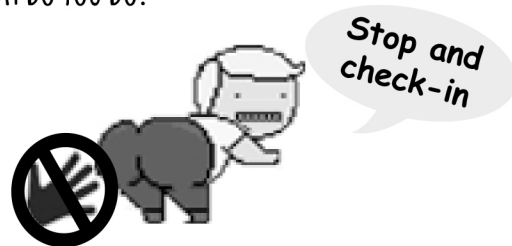
CAN YOU GET CONSENT IF SOMEONE'S BEEN DRINKING OR USING DRUGS?



CONSENT IS ONGOING

YOU HAVE THE RIGHT TO SAY NO AT ANYTIME INCLUDING RIGHT BEFORE OR
DURING ANY SEXUAL ACTIVITY.

SO IF SOMEONE SAID YES, BUT DURING THE
ACTIVITY DOESN'T LOOK INTO IT OR IS GETTING
QUIET OR PULLING AWAY WHAT DO YOU DO?



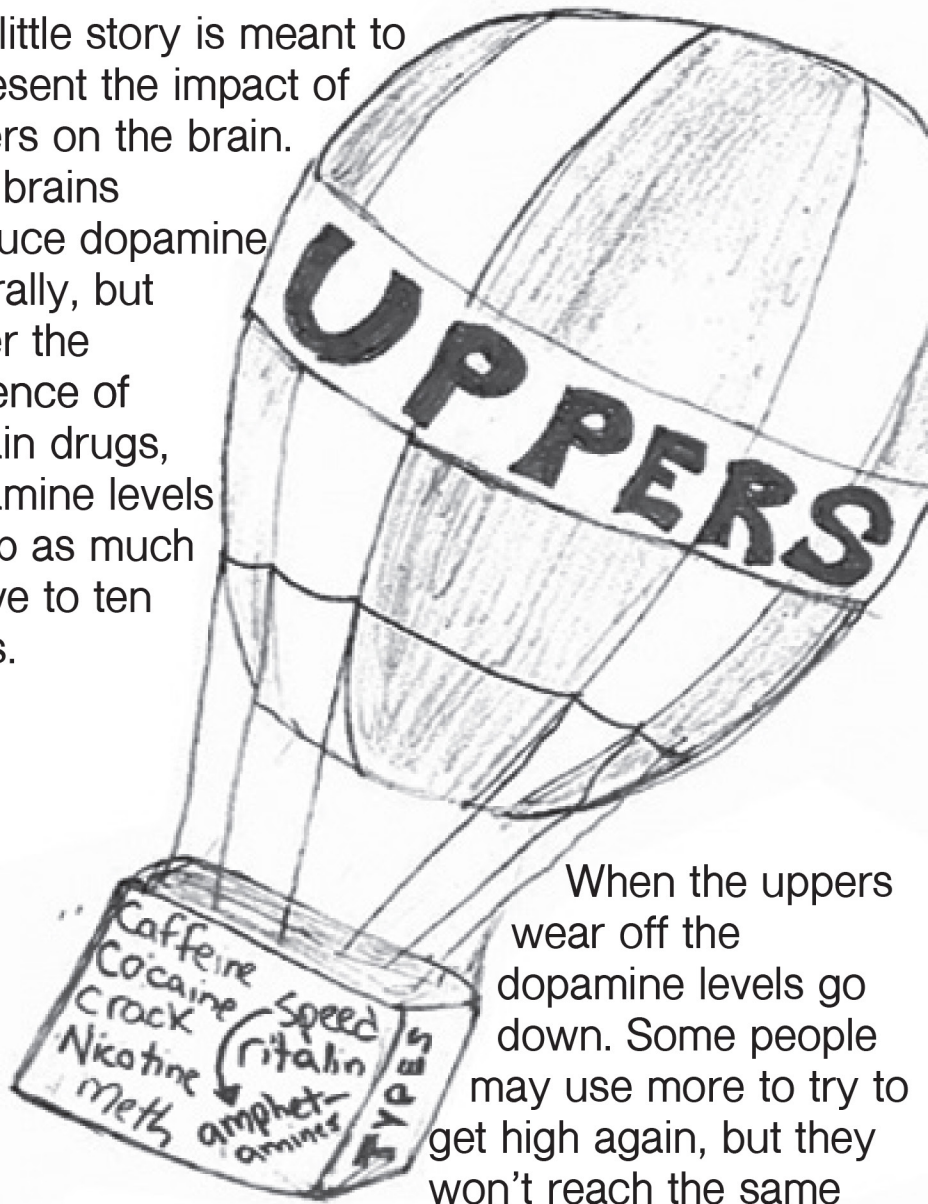
IF SOMEONE HAS EVER SEXUALLY ASSAULTED YOU, IT IS NOT YOUR FAULT

YOU HAVE THE RIGHT TO GET SUPPORT.

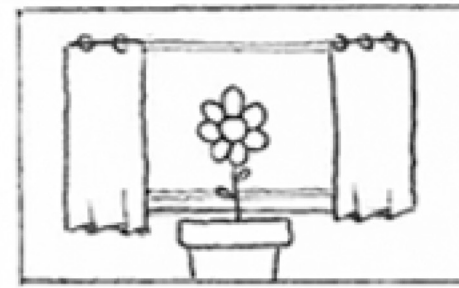
THE KLINIC SEXUAL ASSAULT LINE OFFERS
NON-JUDGEMENTAL SUPPORT. IT'S OPEN
24/7 AND CAN BE CALLED FOR FREE
ANYWHERE IN MANITOBA.



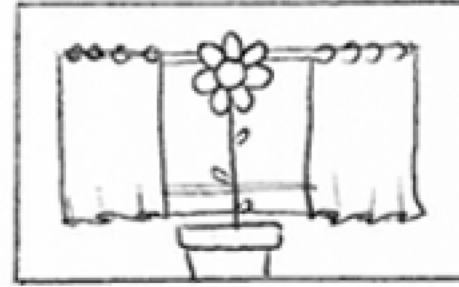
This little story is meant to represent the impact of uppers on the brain. See, brains produce dopamine naturally, but under the influence of certain drugs, dopamine levels go up as much as five to ten times.



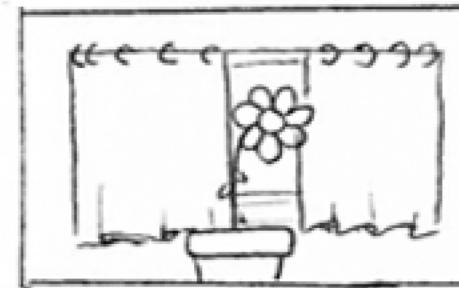
When the uppers wear off the dopamine levels go down. Some people may use more to try to get high again, but they won't reach the same level as the first high. They will then crash again and may use again.



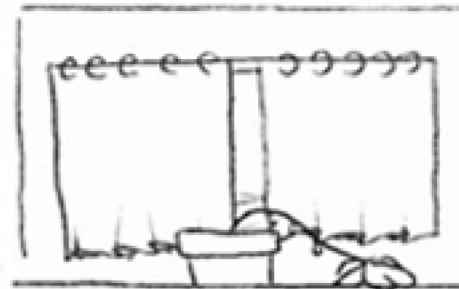
Think of your body as a flower. You need a certain amount of light, water and soil.



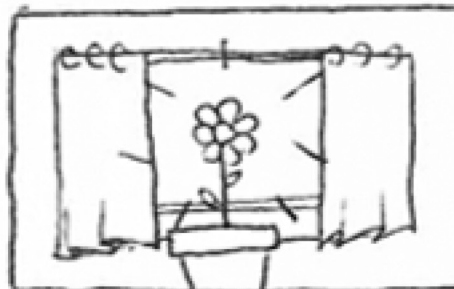
This flower, however, changed their normal conditions; for a while, it was a bigger, brighter plant!



But everytime it changed it's conditions it got smaller than it had been and lost more petals.




Eventually, it wilted.



BUT, under the right conditions, the flower was able to recover and revive itself!

This is what causes addiction and what makes it so hard to recover. However, it is possible, through support and with help from friends and family.

 Catherine + Shay



What is it?

Made from leaves of the coca plant, cocaine is a white crystal powder while crack is a rock-like form made from cocaine powder, baking soda and/or ammonia.

The Effects

Big pupils, hyperactivity, dry mouth, stuffy nose, reduced appetite, feelings of confidence and power, increased energy and alertness, increased blood pressure and heart rate. Overdose or death is possible.

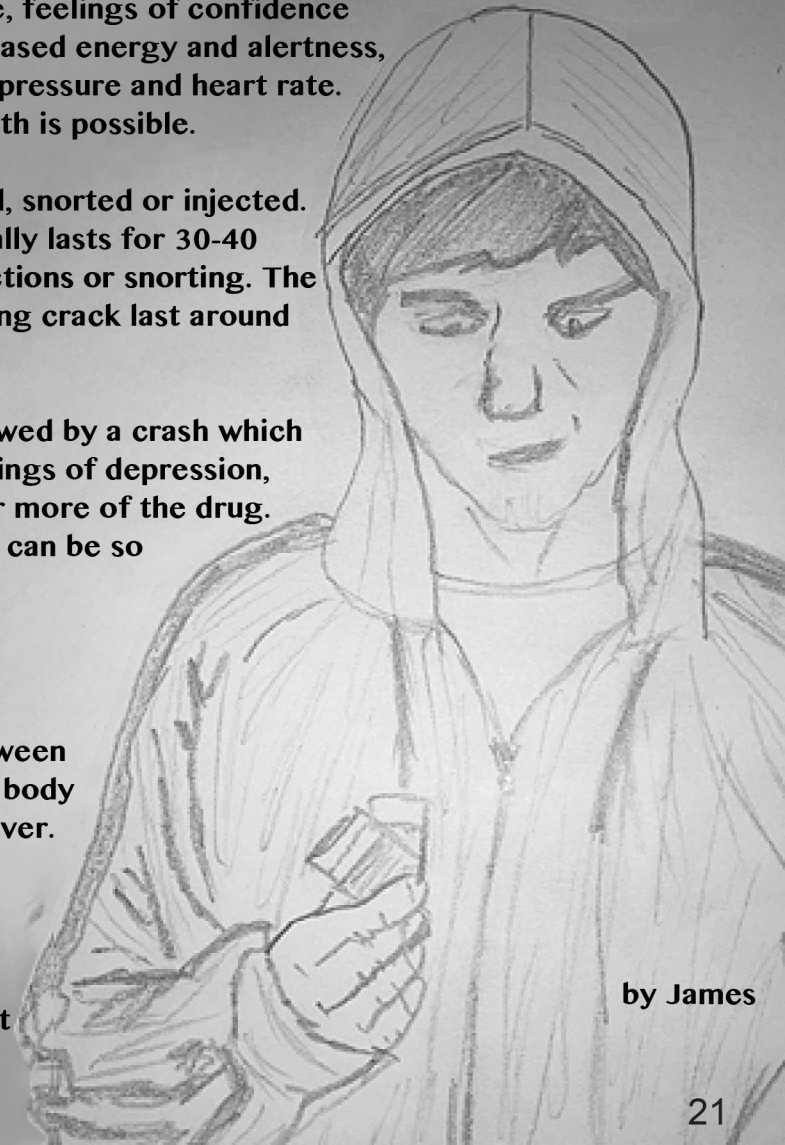
It can be smoked, snorted or injected. A coke high usually lasts for 30-40 minutes for injections or snorting. The effects of smoking crack last around 10-15 minutes.

The high is followed by a crash which may include feelings of depression, and a craving for more of the drug. This is why coke can be so addicting.

Staying Safer

Take breaks between use to give your body a chance to recover.

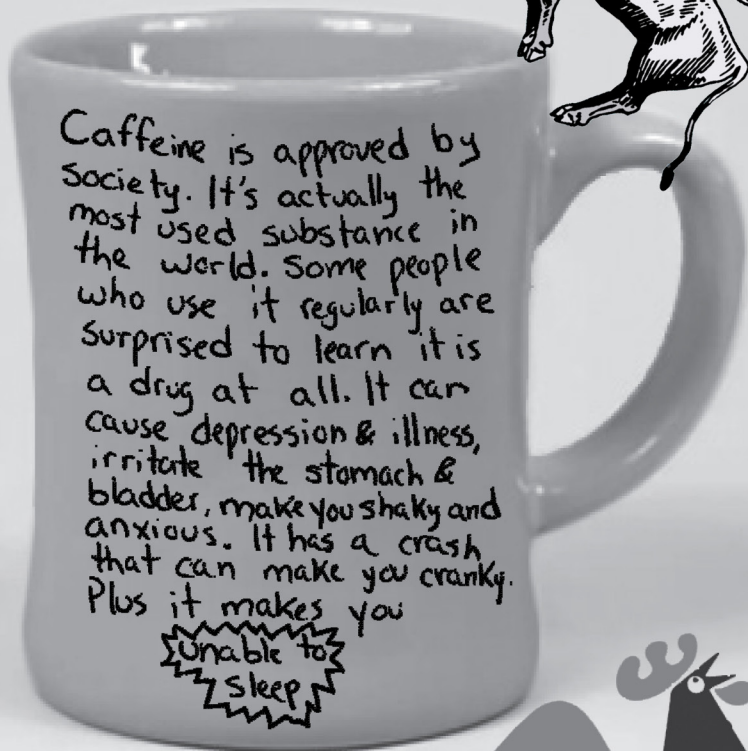
Don't share bills, straws, pipes or needles because they can transmit Hep C or HIV.



by James

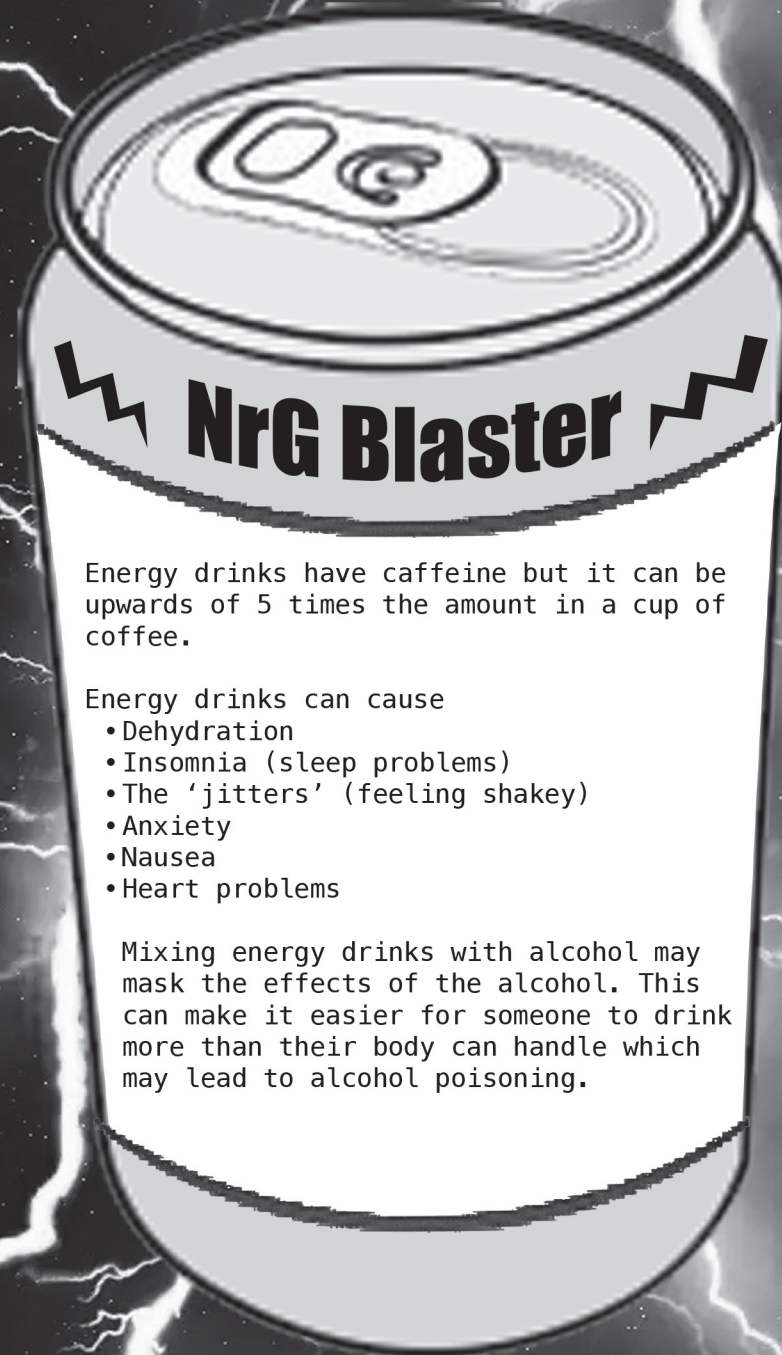
CAFFEINE

Coffee, energy drinks, some pops, some teas & 'wakeup' pills.



"In the morning I have **2** cups of coffee. If I don't I get cranky. If I have **3** I get shaky"

Wakeups



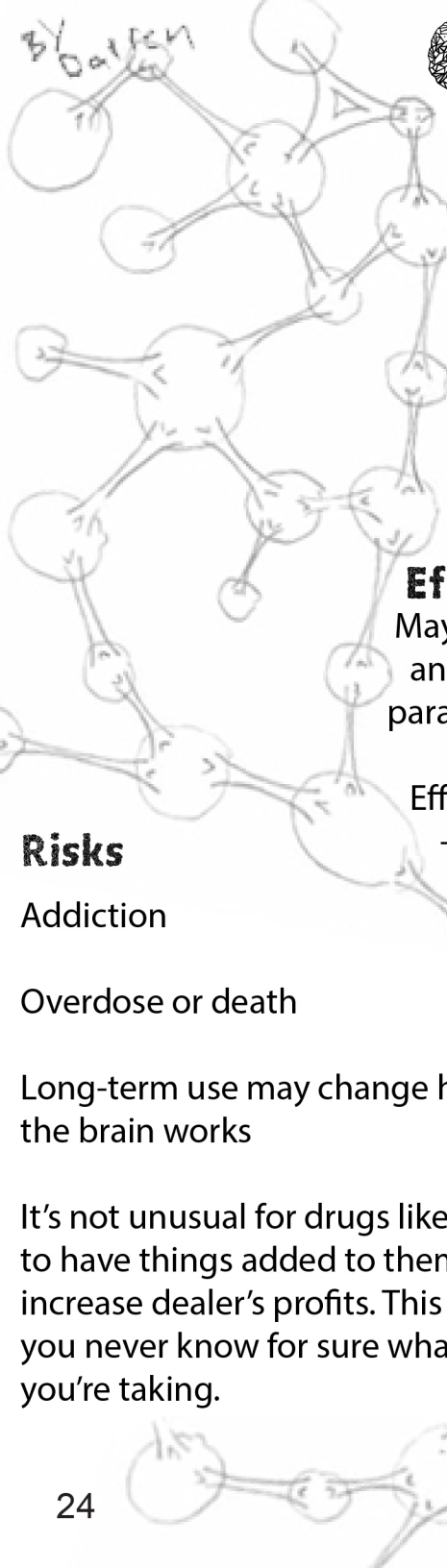
Energy drinks have caffeine but it can be upwards of 5 times the amount in a cup of coffee.

Energy drinks can cause

- Dehydration
- Insomnia (sleep problems)
- The 'jitters' (feeling shaky)
- Anxiety
- Nausea
- Heart problems

Mixing energy drinks with alcohol may mask the effects of the alcohol. This can make it easier for someone to drink more than their body can handle which may lead to alcohol poisoning.

Drink water and take breaks in between drinks to give your body time to recover



Crystal Meth

Also known as Crank, Ice, Glass, Crystal, Tina...

It's made in a lab and comes in tablets, powder, or crystals. It can be swallowed, snorted, injected or smoked.

Effects

May make someone feel very up, alert and energised as well as agitated, paranoid, confused and aggressive.

Effects can last a very long time - between 4 and 12 hours- and can be followed by a severe come-down.

Staying Safer

Use your own drug gear

Snorting can be safer than injecting.

Start with a smaller dose

Know your dealer



Anishanabe teaching of

Love

The greatest and most powerful medicine is love. Love is represented by Migizi, the Eagle, because it has the ability to fly highest and closest to the creator. The eagle also has the sight to see all the ways of being from great distances. It sees you and brings love even if you cannot see it. Out of love we are able to heal ourselves.

Weed

also known as weed, kush, cannabis, mary jane, pot, grass, bud, hash, oil ...

Can be smoked, eaten or vaporized.

It's the dried leaves of the Cannabis plant.

Hashish (aka hash) is a paste made out of the dried resin at the top of the plant and is often stronger than weed.

Hash Oil is an oil made from hashish. Also usually stronger than weed.

Cannabis is low legal in Canada, but it still has rules

- 19 is the legal age
- Using under 19 may cost you \$
- It's not safe to drive while high, and it's not allowed
- You can't use in public
- If you live in an apartment, it's up to your landlord to say if you can use at home or not

Effects

1. Loss of Memory
2. Lung Damage
3. Longer-lasting illnesses
4. Panic attacks, paranoia
5. Strong desire for food, especially sweets
6. Giggling, laughter (euphoria)
7. Lowered skin temperature
8. Dizziness/fainting
9. Decreased reactions and poor coordination



Staying Safer

1. Let it kick in before using more. Eating takes longer than smoking.
2. If it's a new kind/batch start with a smaller amount until you know what it does.
3. The amount you use at once can make a big difference between a good time and an anxious time.
4. Take breaks from using.
5. Don't drive.



Kush



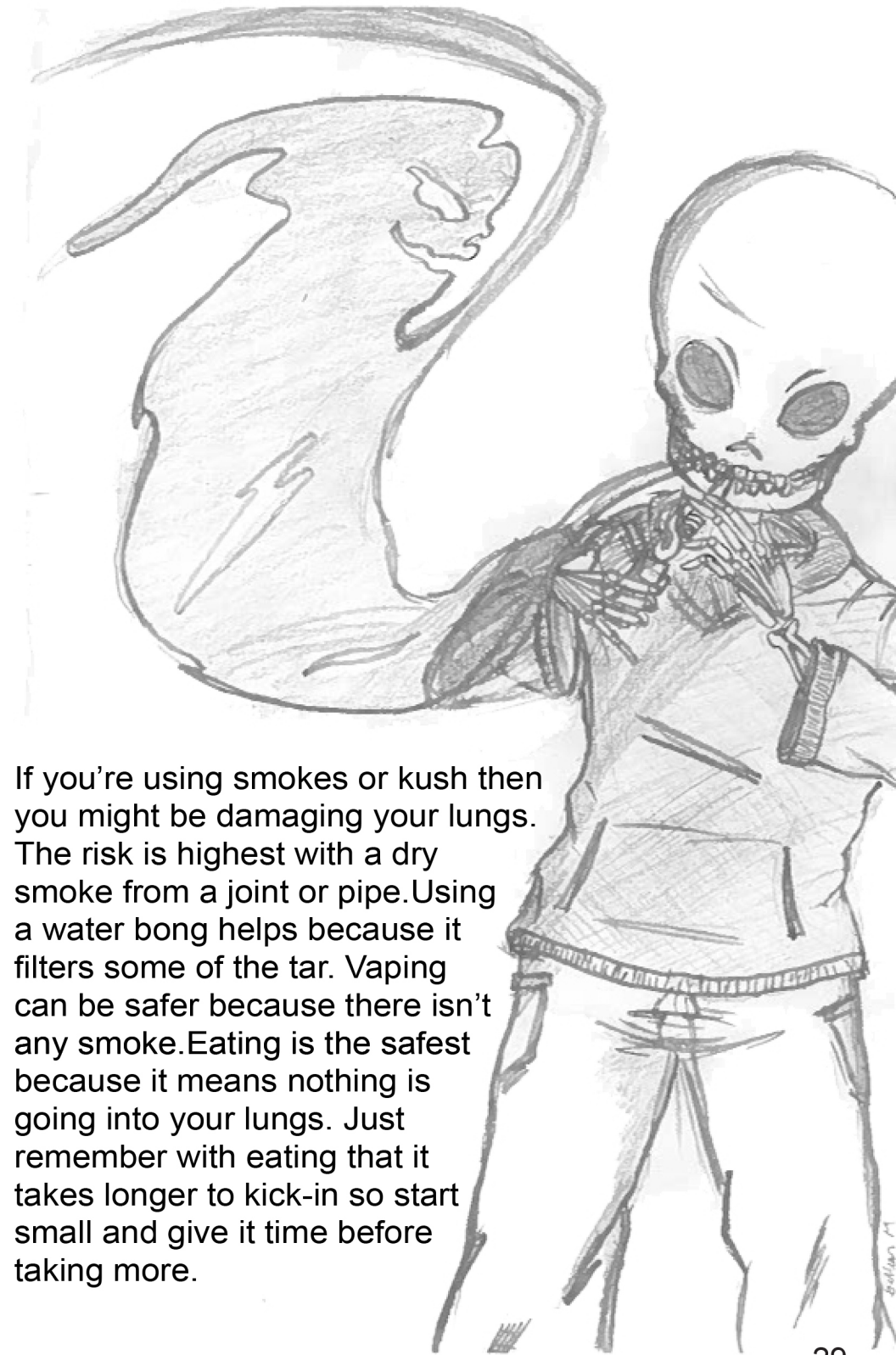
BY: JoReL

My experience with Shatter.

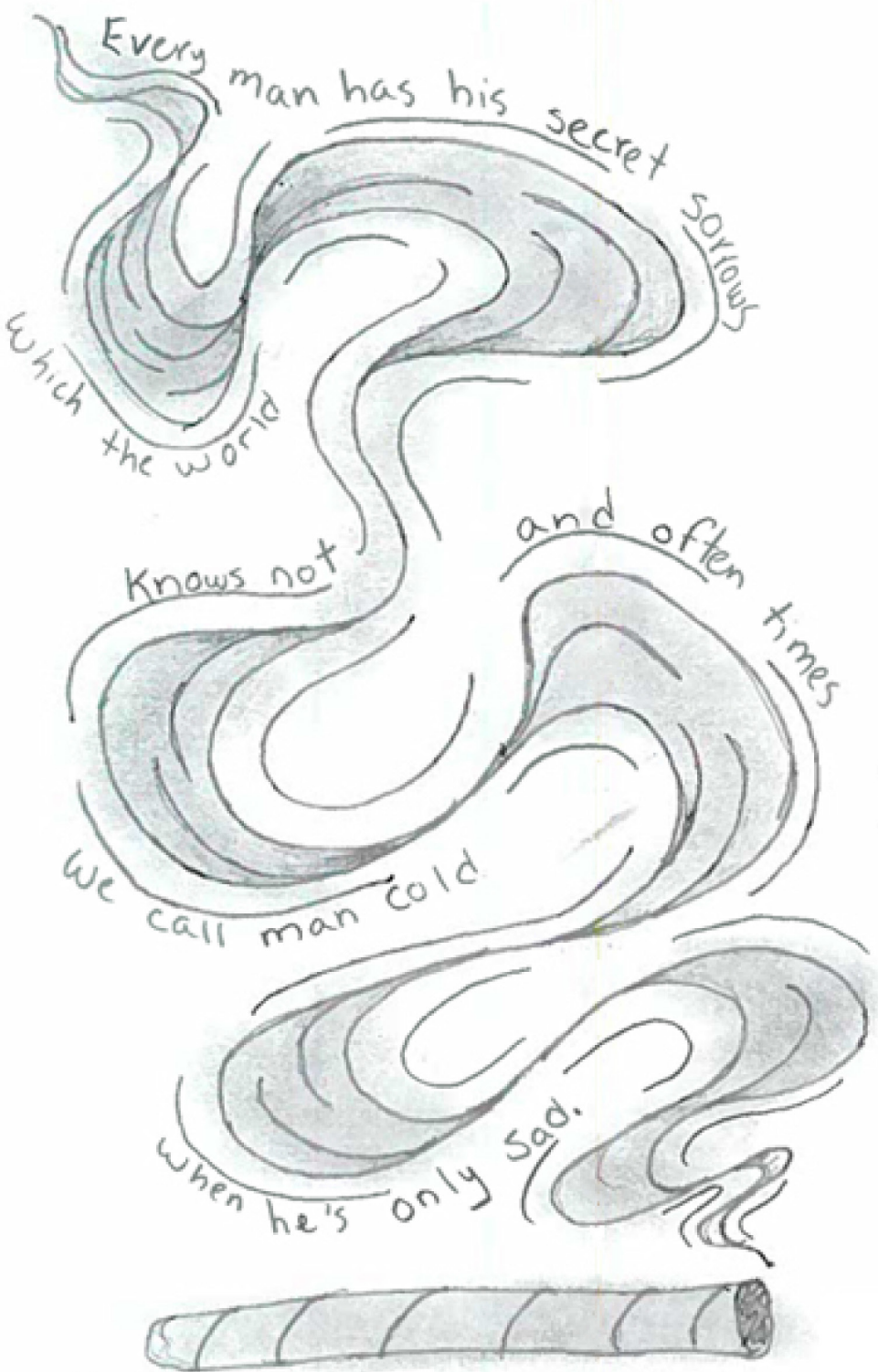
I was only 17 when I took a hit thinking it was just weed which I had done before. I took a hit. I started feeling like I was going to throw up. I had used weed before & knew that it wasn't just weed, so when I asked they admitted to putting shatter in it. I thought I could trust him, I learned my lesson, once I started hallucinating and it wasn't fun. Always make sure you know what's in it & how it can affect you. Watch people before you take any drugs off of them & be careful!!

by Melody

Shatter is a potent cannabis product made by extracting the THC resins from the marijuana plant. It's effects can be much stronger than other types of cannabis



If you're using smokes or kush then you might be damaging your lungs. The risk is highest with a dry smoke from a joint or pipe. Using a water bong helps because it filters some of the tar. Vaping can be safer because there isn't any smoke. Eating is the safest because it means nothing is going into your lungs. Just remember with eating that it takes longer to kick-in so start small and give it time before taking more.



HALLUCINOGENS

- Magic Mushrooms
- LSD (Acid)
- Peyote
- Salvia
- MDMA/Ecstasy
- Inhalants

Think about your mood, setting and the people around you before using.

If you aren't feeling it, then today may not be the right day to use.

This could be the difference between a great trip and a bad trip.





The world has become a much larger place. As I attempt to meander across a parking lot I get lost in my own thoughts. The colour of the parking lot now resembles that of a lake. I question myself as to how I could possibly walk on water. Several thought processes later I find myself in a coffee shop watching as poppy seeds from my bagel begin to dance around the plate.

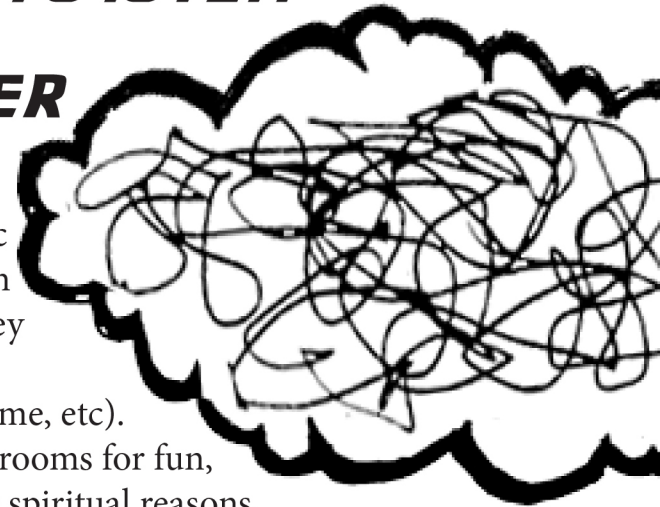
USE A BUDDY SYSTEM

DRINK WATER

A natural hallucinogenic drug that is usually eaten or brewed into a tea. They change our perceptions (sight, sound, sense of time, etc).

Someone may use mushrooms for fun, for the experience or for spiritual reasons.

Bad trips can happen and can include paranoia, fear and anxiety. Knowing your mood and being somewhere you feel safe can make a big difference in your trip. May cause upset stomach or nausea, but this often passes. Shrooms can take a while to kick in, so start with a smaller dose and give it time.



(magic)
Mushrooms



MDMA, often called Molly, is both an upper and a hallucinogen.

Ecstasy (E) is MDMA mixed with other things, usually including amphetamines (speed).

MDMA is often thought of as the more 'pure' of the two, but in reality we never know for sure what we are taking and what's been mixed into it.

It changes dopamine and serotonin levels in the brain. It can also react to medications (like anti-anxiety meds) which also affect these brain chemicals.

Part of the come down may mean being low on serotonin for a while which could lead to feelings of depression, unhappiness or sadness that can last a few days.

Drink lots of water to stay hydrated.

Heart attacks, strokes and liver failure have been reported. It can interfere with blood clotting. Use of MDMA/E has led to death.

It can create a sense of happiness and energy.

MD
MA



LSD aka Acid, takes 20-60 minutes to kick in and the effects last for about 6-8 hours. It's usually taken orally with a small square of paper called a blotter.

The Positives:
Increased energy, creative thinking, awareness of senses, closed and open eye visuals and may be a profound spiritual experience.

The Risks:
Short term: Bad trips can happen which may include anxiety, tension, perspiration, nausea, confusion, paranoia, fear, panic, unwanted spiritual experiences. Sometimes, due to confusion, people get injured or there is an accidental death.

Long term: Flashbacks and tracers.

Have someone look out for you and talk you down if needed.



Inhalants

Some ways to try and reduce the risk are:

- Try not to spray directly into your mouth
- Try not to light a match or use a lighter because inhalants are highly flammable
- Try to use in an open space rather than in a confined space so help get more oxygen in your system

Considered a type of hallucinogen because of its mind altering properties. It may create a feeling of euphoria, but the effects don't last long.

The effects of inhalants can be unpredictable and overdoses can be "random" and harder to prevent than with other substances. Overdose can happen the first time either from passing out, suffocating or from sudden sniffing death.

Often people negatively judge someone for using inhalants where as someone who is using a different substance may not be judged the same way.

Using inhalants can also cause permanent brain damage. Other side effects may include irritability, memory loss, loss of hearing and smell, confusion and lasting changes in personality.

This is called stigma, and it may make it harder for someone to get the help and support they need if they feel their substance is becoming problematic.

Always listen without judgement. We all deserve love, dignity and respect.



by James

Over the Counter Meds

Over-the-counter-medications (OTC), like Tylenol®, Gravol®, or Cough Medication are legal substances that may be safe if used as directed, but they can have risks, especially when used for other purposes. Some people may use OTC to try to get high or as a way to numb out (self-medicate).

Risks:

Like all substances, some of the risks with using OTC include addiction and overdose. Risks may increase when mixing with alcohol.

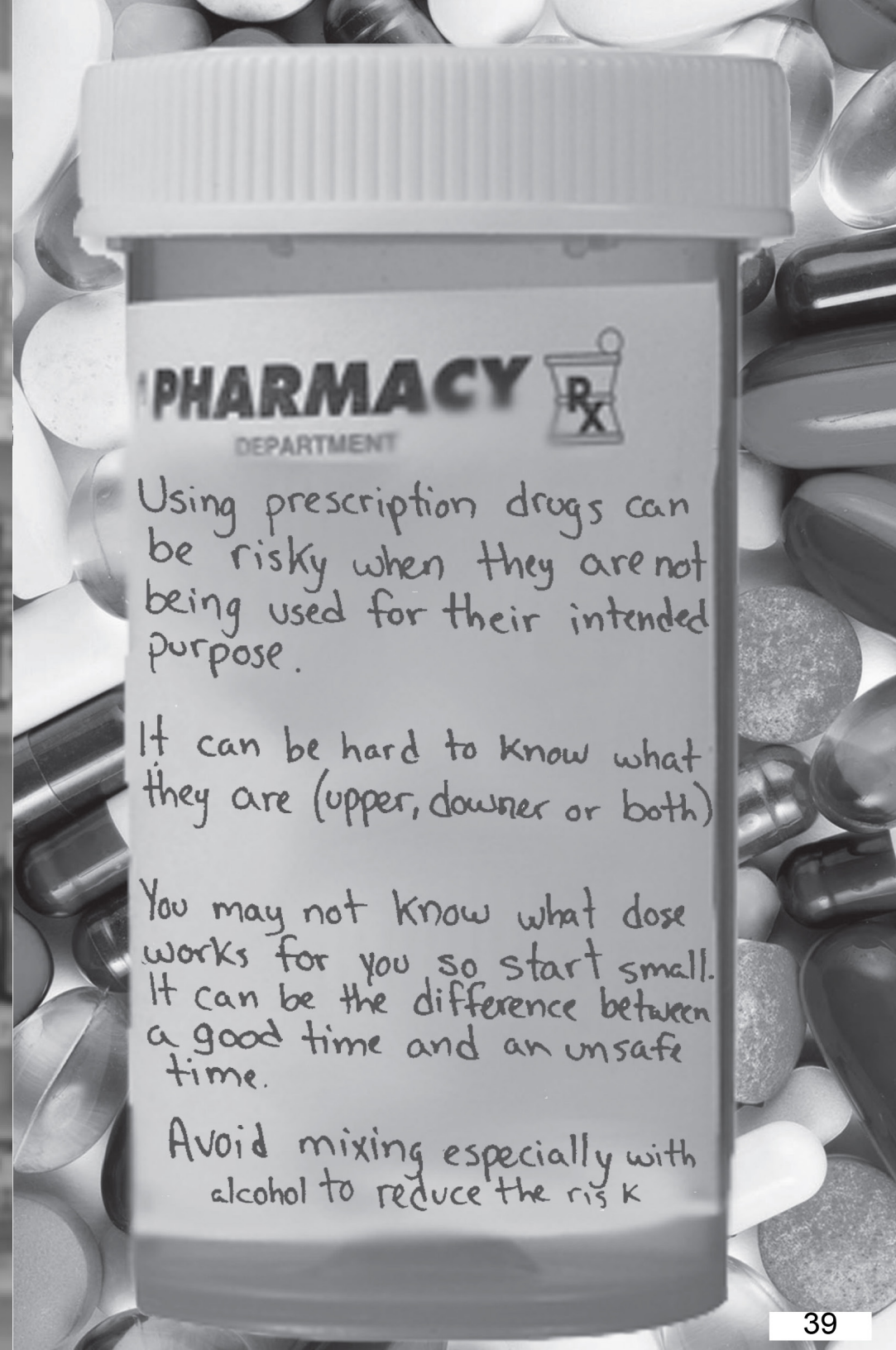
Taking too much Tylenol® can cause nausea, vomiting, stomach pain and in large doses, severe liver damage and accidental overdose.

The use of Gravol® may make people feel sleepy or numb. It can also cause feelings of depression, confusion, loss of energy, vomiting, and difficulty thinking and socializing.

Cough medicine that has dextromethorphan in it can act as both a downer and a hallucinogen. When used in large amounts, it can cause people to feel dazed, paranoid, and to disassociate (to feel disconnected from your body).

Staying safer:

Using OTC as directed is the safer way to use. If using to get high it is important to take as low a dose as possible to get the desired effect. Taking breaks between using will give your body time to recover. Because OTC may work like hallucinogens using a buddy system can be helpful in staying safer. Avoid mixing with alcohol.



Mixing Drugs

Mixing drugs is the number one cause of overdose. The effects of each drug might be stronger together or they may interact in a way that you don't expect.

Mixing uppers and downers can hide the effects of each other so people may take more than their bodies can handle, leading to an overdose.

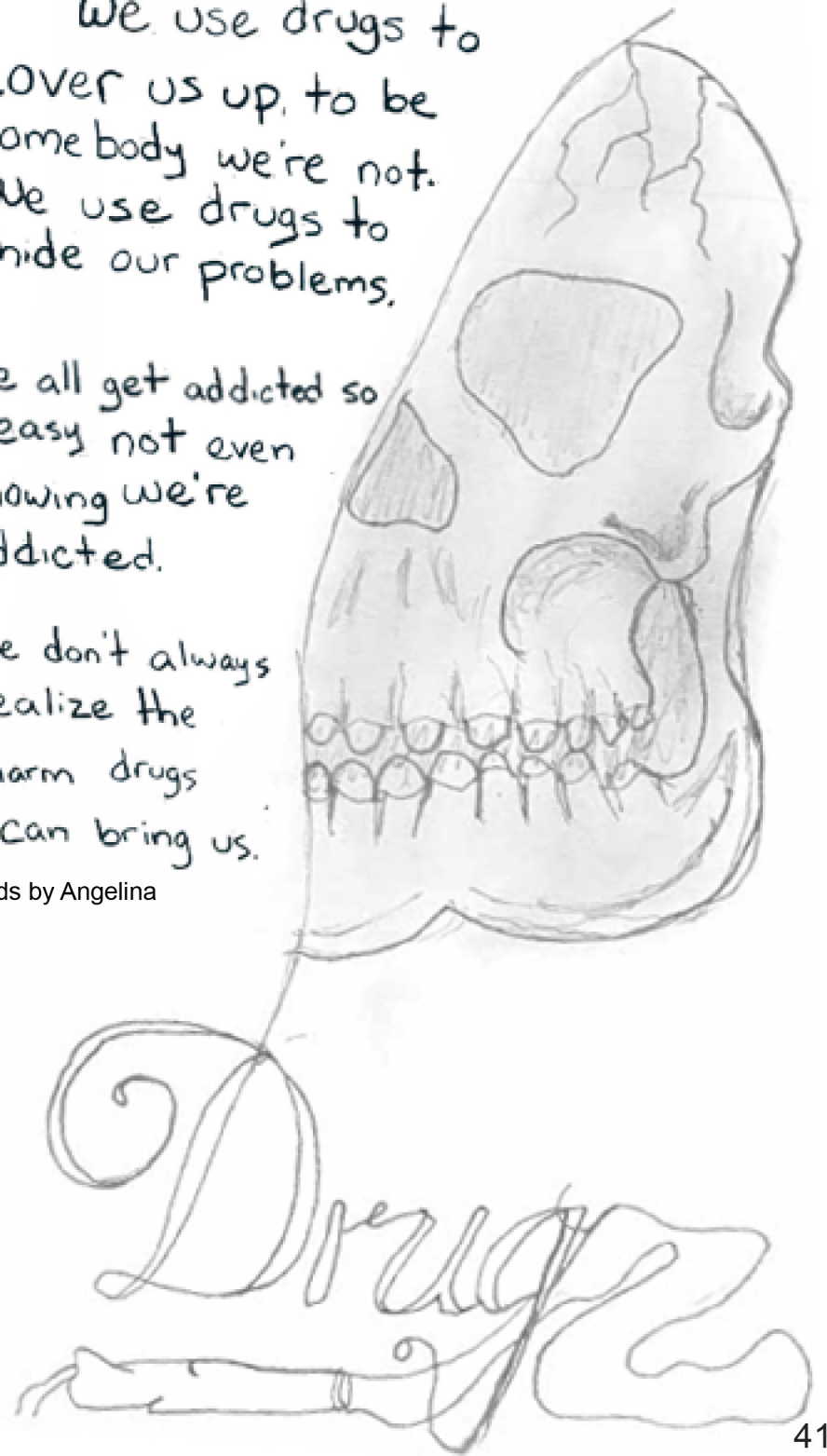
Mixing weed and alcohol increases the risk of alcohol poisoning. When we've had too much alcohol, our body tries to get rid of it by throwing up. The problem is pot reduces nausea, which means we may not throw up when our body needs to.

We use drugs to
Cover us up, to be
Somebody we're not.
We use drugs to
hide our problems.

We all get addicted so
easy not even
knowing we're
addicted.

we don't always
realize the
harm drugs
can bring us.

words by Angelina



THE LAW



Is good to know

Police treat every situation differently, usually giving harsher penalties if they think you're dealing drugs. Regardless of how the police deal with an incident, there can be serious consequences if you get caught with illegal substances.

LIQUOR LAWS



It's illegal to buy alcohol for someone under the legal drinking age.

In Manitoba that age is 18.

In some other parts of Canada the age is 19.

Youth can drink if...

Alcohol is given by their parent/guardian in a private residence.

In a restaurant/bar/lounge only when the parent/guardian orders and purchases the alcohol and the youth must have a meal. No one under 18 can be in a bar/lounge unless they are with their parent/guardian.

No matter your age...

It's always illegal to drink alcohol in public spaces (parks, playgrounds, river bank, under a bridge etc.) without a permit.

A restaurant, bar or store cannot sell alcohol to someone who is already drunk.

Driving under the Influence

It's illegal and dangerous to drive a car, boat, ski-do, bike, tricycle, moped, or any other vehicle while drunk or under the influence of a substance.

Someone's considered drunk based on their blood alcohol level. For some people it might not take much.

If you're in the learner or intermediate stage of getting a driver's license then your blood levels must always be zero.

With a full license if levels are 0.05-0.08 you'll receive an immediate suspension starting at 24hr and up to 60 days based on previous offences. Over 0.08 then it's an automatic 3 month suspension.

You may also have your vehicle impounded, be criminally charged, and/or have your car ignition equipped with a breathalyzer.

Refusing to provide a breath sample to the police is considered the same thing as being found over 0.08 blood alcohol levels.

adapted from info from
Manitoba Public
Insurance



Each situation is different so use your common sense. Try to stay calm and try to remember everything that happens.

It's illegal to be randomly stopped and searched without probable cause and you never have to provide ID without reason.

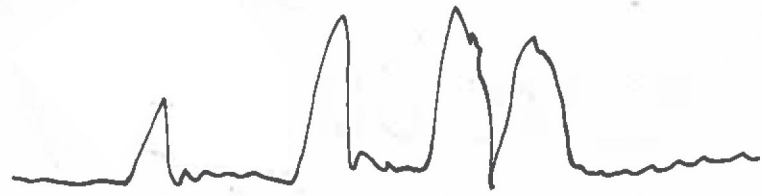
If you're stopped in your car, they cannot search the vehicle without a warrant or probable cause. Being impaired may count as probable cause.

You have the right to film cops. If you see cops stopping someone you can film, but must stay out of their way.

You have the right to remain silent and wait for a lawyer.

It's a good idea to always keep a password on your phone.

Police can search phones without a warrant as part of an arrest. Your right to remain silent also means you do not have to give your password, however police are allowed to use other means (hack it) to access your phone.



There is always that little bit hope that can save your life.

Learn to love yourself, and all that you are.

You are a very beautiful and unique human being.

Don't ever forget that. You're enough....

by Jaden

Hepatitis C

A virus that inflames the liver and can lead to liver damage

It's spread through blood-to-blood contact

The liver filters out some of the chemicals in drugs and alcohol so they are less likely to hurt you.

There is a cure

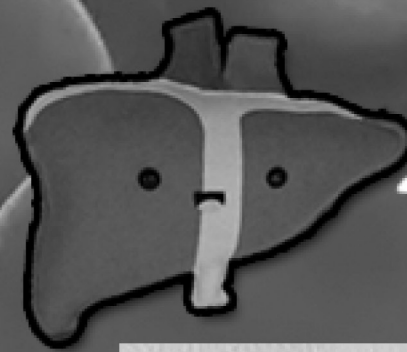
The way to test for Hep C is through blood

Why talk about Hep C in a drug zine?

Because it can be spread through sharing needles and other drug works.



Sharing needles can spread Hep C and HIV. This includes ones for tattoos or piercings.



How can people lower the risks and prevent the spread of HIV or Hep C when using?

Always use your own drug works including

Straws and bills for snorting drugs

Meth or crack pipes

Filters

Water

Needles

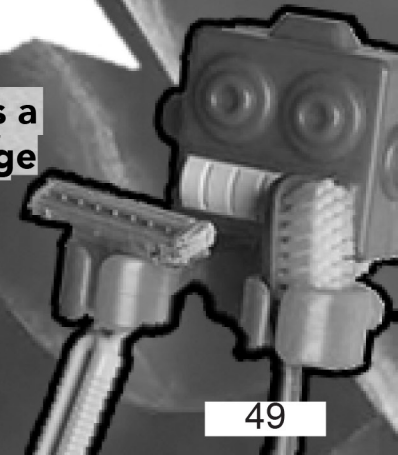


This symbol means the you can safely go to this place to exchange your used needles or pipes for new ones

Sharing toothbrushes, razors or nail clippers can also spread Hep C.

In Winnipeg, Street Connections is a mobile van where you can exchange drug works and get a HIV/Hep C test.

Call 204.981.0742 or check out www.streetconnections.ca for the route



As a person that is under the age of 20 I am subjected to an unrelenting barrage of temptations. My experience with substances is close to nonexistent. I am trying my best to not become like my stepdad. He had a lot of problems with that kind of thing. I am in a good place and want to make sure that continues.

However, no matter how much it doesn't look like it, I actually do care about how other people see me. Not everyone's opinion matters, but for the people I respect, it does. So I do feel the slightest amount of guilt when I am refusing stuff, but I know it's the right choice for me.

Sometimes at a party it feels fine to just say no thanks. Sometimes it's easier to crack a joke or make an excuse like I work early or whatever. But, sometimes, I find it's easiest to just grab a beer and walk around with it so that no one bugs me.

-Ian



What I do when I don't want to use



Which Side has more weight for you?

Best about using

Worst about using

Best about not using

Worst about not using

Thanks to AFM for this page (It's based on their stuff... they didn't make it for us...)

Decision Making

When trying to decide if you're ready to stop using, it's not about how many points you have in each section, but how much importance these points have for you.

If you gave more importance to reasons to quit and what you will gain by quitting, that can be a sign that you are ready to make those changes.

If the importance is on reasons to use, then you may not be ready yet but you can still make small changes in how you use (like using safer) and you can set some realistic goals (like reducing use) to get you ready for bigger change.



Support in Winnipeg

Klinik Drop-In Counselling Program

870 Portage Ave. Free counseling on any issue for anyone 13+

204.784.4067
klinik.mb.ca

Ka Ni Kanichihk

455 McDermot Ave. Culturally based Indigenous programs and services.

kanikanichihk.ca
204.953.5820

Ndinawe

Open 24/7

472 Selkirk Ave

204.417.7233

Safe shelter for youth who have left home and lots of free programs (computers, art, sports and Indigenous Cultural Teachings)

Rainbow Resource Centre (2STLGBQ+)

170 Scott St. Counselling on any issue, library, safer sex supplies, youth groups and summer camp

204.474.0212

rainbowresourcecentre.org

SNA WE24 at the MERC

430 Langside Ave. Drop-in safe place for ages 13-26 open overnight on weekends. In winter it may be open weekdays too

204.333.9681

Resource Assistance for Youth (RAY)

125 Sherbrook St. For youth (29 and under) who have left home. Emergency help, food, clothing and housing support

204.783.5617

rayinc.ca

204.981.0742

Outreach van that hands out free safer drug supplies, info and condoms. Call or go online for the route

streetconnections.ca

Support from anywhere in Manitoba

Addictions Foundation Manitoba (AFM)

Addictions Helpline

1.855.662.6605

Counselling, treatment and support groups for youth and families living with addiction

www.afm.mb.ca

Seek out your Elders
and Medicine People!

MB Suicide Prevention & Support Line

Support for people thinking about suicide or supporting someone with thoughts of suicide

1.877.435.7170

These are all
open 24/7

Kids Help Phone

1.800.668.6868

Support for youth. You can text **connect** to 68.68.68 or online chat at **kidshelpphone.ca**

Klinik Sexual Assault Crisis Line

Counselling, info and support for experiences of sexual assault

1.888.292.7565

Teen Clinics

Confidential health services that are only for youth. They are found in cities/towns throughout Manitoba. Find one at **teenclinic.ca**

Look in your school for services and AFM workers

Check out your nursing station or health centre for NNADAP workers

Hope for Wellness Help Line
Counselling and support for Indigenous peoples

online chat at **hopeforwellness.ca**
1.855.242.3310

Need help now?
Klinik Crisis Line 1.888.322.3019
open 24/7

Counselling and support for people in crisis

Don't Judge Me

Only Smudge Me

