

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 sui-
cide.

**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 Program204.784.4067
167 Sherbrook St. Free counseling on any issue for anyone over the age of 13. klinik.mb.ca

Addictions Foundation of Manitoba Youth Services1.877.710.3999
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 Connections204.981.0742
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 Service204.787.7218
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.



167 Sherbrook Street, Winnipeg, MB R3C 2B7 | 204.982-7800
www.teentalk.ca | serc.mb.ca | info@serc.mb.ca

Teen Talk is not a crisis service. If you need to talk, please call the Klinik Crisis Line at 204.786.8686 or toll-free at 1.888.322.3019