



SUPPORT & RESOURCES

Phone, text, or chat

- Kids Help Phone.....1-800-668-6868
Support for all youth kidshelpphone.ca
Text 68 68 68
- Klinec Crisis Line.....1-888-322-3019
Support for people in crisis
- Klinec Sexual Assault1.888.292.7565
Crisis Line (24 hrs) or 204.786.8631
Counselling, information, support and
advocacy concerning sexual assault.
- MB Suicide Prevention.....1-877-435-7170
& Support Line. resontolive.ca
Support for people thinking about suicide
or supporting someone with thoughts of
suicide
- Hope for Wellness Line.....1-855-242-3310
Phone and online hopeforwellness.ca
support for Indigenous people

In-Person

- Klinec.....klinec.mb.ca
167 Sherbrook St, Winnipeg
Free drop-in counselling
- CATC.....204-578-2700
1240 10th St, Brandon
Counselling for youth
- Rainbow Resource Centre
rainbowresourcecentre.org
170 Scott St, Winnipeg Free
programs and counselling for
2STLGBQ+ folks
- Ka Ni Kanichihk
kanikanichihk.ca
455 McDermot Ave, Winnipeg
Culturally based Indigenous
programs and services.
- Teen Clinic - Find one at
teenclinic.ca

Check out teentalk.ca for info on sexual health, mental health, safer substance use, relationships, and more!



167 Sherbrook Street, Winnipeg, MB R3C 2B7 | 204-982-7800
www.teentalk.ca | serc.mb.ca | info@serc.mb.ca

We are not a crisis service. If you need support call the Kids Help Phone at 1-800-668-6868