

# MENTAL HEALTH

## Are You Feeling Stressed?



- Take deep breaths
- Go somewhere calming
- Move your body in a way that feels good
- Eat some comfort food
- Make a list, then work on one thing at a time
- Make time for fun
- Take a break
- Connect to your culture
- Talk to someone you trust

## Need Help?

- Kids Help Phone.....1-800-668-6868  
Support for all youth      kidshelpphone.ca  
Text 68 68 68
- Klinic Crisis Line.....1-888-322-3019  
Support for people in crisis
- 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

- Klinic.....klinik.mb.ca  
167 Sherbrook St, Winnipeg  
Free drop-in counselling
- CATC.....204-578-2700  
1240 10th St, Brandon  
Counselling for youth
- Teen Clinic - Find one at  
teenclinic.ca

## Online

- teentalk.ca
- resontolive.ca
- moordisordersmanitoba.ca
- stresshacks.ca
- stopbreathethink.com
- kidshelpphone.ca



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

# Mental Health Treatments May Include

- School counsellors
- Social worke
- Mental health workers
- A teacher you trust
- Medicine people
- Therapists
- Elders
- Counsellors
- Family and friends
- Support groups
- Prescription medication

What helps one person may not help someone else. You know yourself better than anyone else. Treatment is about feeling better. Do what feels right for you.

## Tips for Helping a Friend

Listen

Don't Judge

Take care of yourself too

Some things are too big to handle on our own.

If you're worried, let an adult know what is going on.



# PATHWAYS TO HEALTH

## Three people I can talk to

(you can put phone lines too)

1.

2.

3.

## Three things I like about myself

(e.g. my jokes, my smile, my skills)

1.

2.

3.

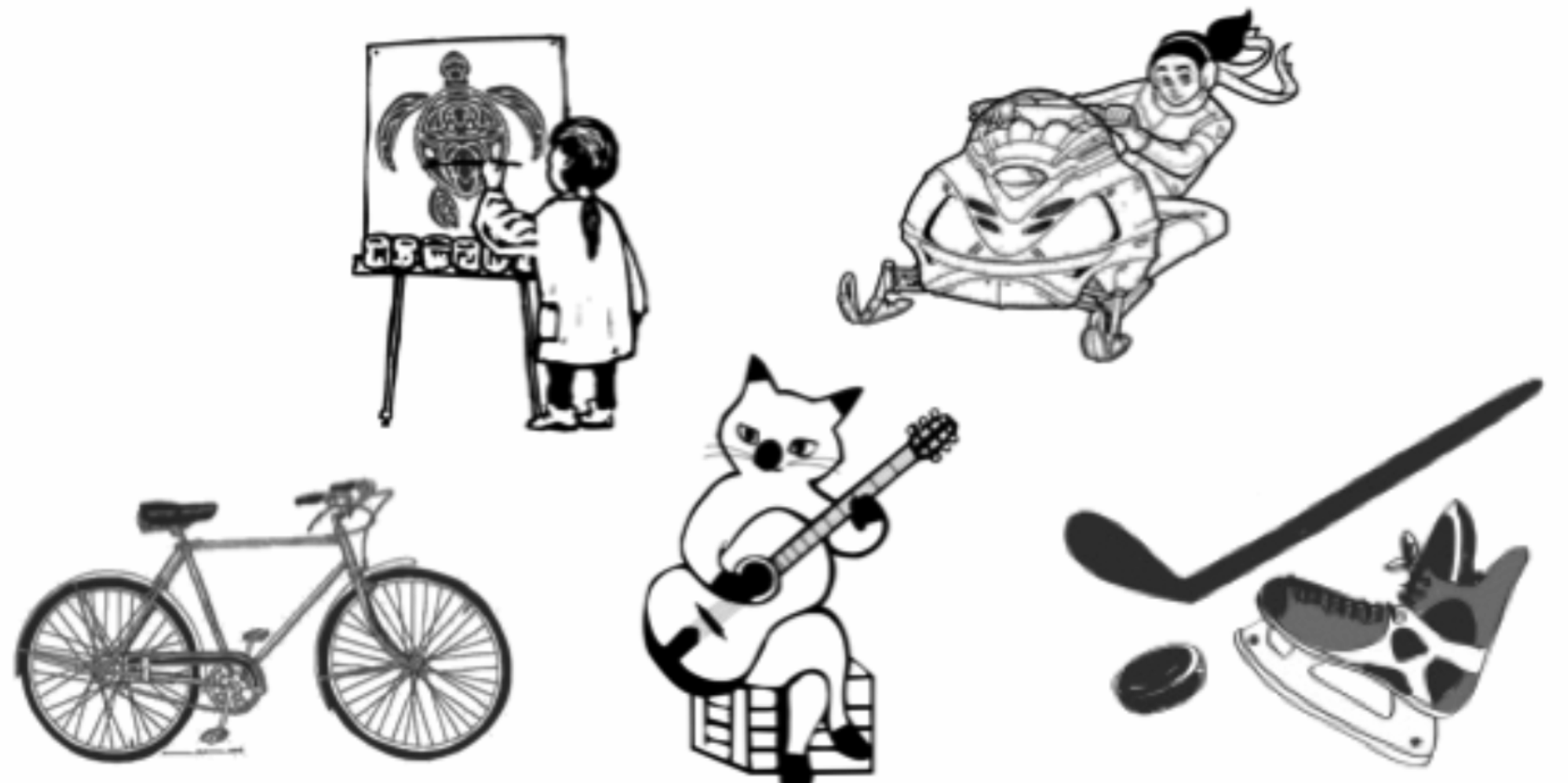
## Three things I like to do

(e.g. cooking, video games, hanging with friends)

1.

2.

3.



Keep this somewhere special and look at it if you are having a hard time. It might brighten your day!