

Need Support?

Klinik Drop-In Counselling Program 204.784.4067
 167 Sherbrook St. Free counselling 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 living with addiction. afm.mb.ca

Rainbow Resource Centre (2STLGBQ+) 204.474.0212
 170 Scott St. Counselling on any issue, library, safer sex supplies, safer substance use supplies, youth groups and a summer camp. rainbowresourcecentre.org

Street Connections 204.981.0742
 496 Hargrave & mobile outreach van (call/go online for route) Safer drug use supplies, info, support and free condoms. streetconnections.ca

Ka Ni Kanichik 204.953.5820
 455 McDermot Ave. Culturally based Indigenous programs and services. kanikanichik.ca

Child and Adolescent Eating Disorders Service 204.787.7218
 PZ 16- 771 Bannatyne Ave. Provides treatment for eating disorders.

Teen Clinics offer youth confidential health/medical services and are only for youth. Visit teenclinics.ca to find your closest location

Flip open for some Teen Talk Activities

Need to Talk?

Open 24/7 and always confidential

Klinik Crisis Line 1.888.322.3019
 Support for people in crisis. 204.786.8686

MB Suicide Prevention & Support Line 1.877.435.7170
 Support for people thinking about suicide or supporting someone with thoughts of suicide.

Klinik Sexual Assault Crisis Line 1.888.292.7565
 or 204.786.8631
 Counselling, information, and support for experiences of sexual assault.

Hope for Wellness Help Line 1-855-242-3310
 Counselling and support for Indigenous peoples. Online chat at hopeforwellness.ca

Kids Help Phone 1.800.668.6868
 Support for youth. You can text **connect** to 686868 or online chat at kidshelpphone.ca



Teen Talk is a program of SERC MB. We are not a crisis service. If you need to talk call the Kids Help Phone 1.800.668.6868

167 Sherbrook Street, Wpg MB R3C 2B7

teen talk

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



Need support now?

The Kids Help Phone can help

Call 1.800.668.6868

Txt 68 68 68

Click kidshelpphone.ca

Pathways to Health

Three people I can talk to:

(check out the phone #'s on other side)

- 1.
- 2.
- 3.

Three things I like to do:

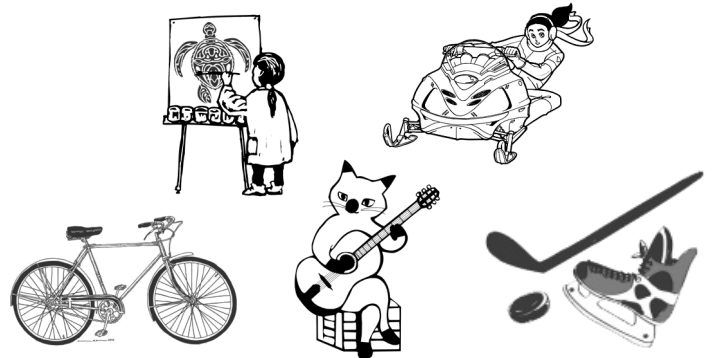
(e.g. Cooking, video games, hanging out with family/friends)

- 1.
- 2.
- 3.

Three things I like about myself:

(e.g. My jokes, my sports skills, my music taste, my smile)

- 1.
- 2.
- 3.



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

Feeling nervous about going to the clinic?

Use this to get what you want from your visit!

Hello,

I am feeling _____ about being here.

I am here to talk about or to get: (check all that apply)

- | | |
|---|--|
| <input type="checkbox"/> Birth Control | <input type="checkbox"/> A Pregnancy Test |
| <input type="checkbox"/> STI/HIV Test | <input type="checkbox"/> A Physical Health issue |
| <input type="checkbox"/> My Mental Health | Other: _____ |

I have had sex using my: (circle all that apply)

Mouth Anus Vagina Penis

I am worried about:

I would like a (check all that apply):

- | | |
|-----------------------------------|---|
| <input type="checkbox"/> STI test | <input type="checkbox"/> Genital warts or herpes test |
| <input type="checkbox"/> HIV test | <input type="checkbox"/> All of the above |

Some Questions I have are :



Qualities of a Healthy Relationship

K B B F J H T M X S N A G O I
 F S W O O M J U M T N F Q J E
 J C D U U E T C G S P F J K Y
 C O M M O N I N T E R E S T S
 B S K A Z P D X L F Q C A C Q
 S U P P O R T A O B S T F E Z
 Y T I L A U Q E R P G I E P E
 H K B Q N U F E A I A O T S R
 Z B Z E I T V C B R E N Y E R
 L J U V X P E L E G O S U R L
 Equality Fun Boundaries
 Affection Support Space
 Respect Safety Common Interests