



Klinik Crisis Line 1-888-322-3019 or 786-8686 (24 hours)

-Provides counselling, support and information for people in crisis or distress.

Manitoba Suicide Line 1-877-435-7170 (24 hours)

-Counseling/info for people thinking about suicide, or affected by another's thoughts/ attempts of suicide.

Klinik Sexual Assault Crisis Line 1-888-292-7565 or 786-8631 (24 hours)

-For counselling, information, support and advocacy concerning sexual assault.

LGBTQ Info Line 1-888-399-0005 or 284-5208 (Mon.-Fri. 7:30-10 pm)

-Provides support, referrals and info about the issues of sexual orientation and gender identity.

Canadians for Choice 1-888-642-2725 (24 hours)

-Gives information on abortion, adoption, and parenting, and referrals for abortion services and counselling.

Health Links 1-888-315-9257 or 788-8200 (24 hours)

-For information and referral services on health related matters, staffed by nurses.

AIDS/STI Info Line 1-800-782-2437 or 945-2437 (Mon.-Fri. 9:30-6 pm)

-For information on HIV/AIDS and other sexually transmitted infections and where to go for testing.

Kids Help Phone 1-800-668-6868 (24 hours)

-Canada wide service providing information and support to youth.

Resource Assistance for Youth (RAY) 1-800-668-4663 or 783-5617 (24 hours)

-Services for youth who have left home.

Children's Advocate 1-800-263-7146 (Mon.-Fri. 8:30am-4:30pm/24 hr voice mail)

-Responding to complaints or concerns about youth who are involved in the child welfare system.



Websites:



Things to know...

• Phone lines offer support and info- they will not judge you!

• Don't worry if you don't know what to say. Any number you call, someone will help you!

• 1-800 and 1-888 numbers are **FREE** to call!

www.teen-talk.ca - sexual and mental health info for youth

www.scarleteen.com - sexual health information for youth

www.sexualityandu.ca - sexual health information for all ages

www.sexetc.org - sexual health information for people of all ages

www.cyberbullying.ca - info, resources, and education about bullying

www.honoringlife.ca - information and resources for youth about suicide

www.reachout.com.au - mental health, body image, coming out issues and info

www.freevibe.com - information, education, and activities for youth about drugs

www.thatsnotcool.com - info for youth about online/digital abuse and harassment

www.ruralstress.ca/youth - Manitoba-wide website devoted to farm and rural youth



Counselling



- Child and Family Services (CFS) Intake Line** _____ **944-4200**
 ◆ 835 Portage Ave. ~ Mon - Fri 8:30 - 4:30
- Klinic Drop- In Counselling Program** _____ **784-4067**
 ◆ 545 Broadway Ave. ~ Mon and Wed 12 - 7 AND Tues, Fri and Sat 12 - 4
- Rainbow Resource Centre (LGBTQ*)** _____ **474-0212**
 ◆ 170 Scott St. ~ Counselling on any issue, library, youth groups.
- Addictions Foundation of Manitoba Youth Services** _____ **944-6235**
 ◆ 200 Osborne N. ~ Resources for youth and families around addiction issues.
 Counselling, treatment and support groups.
- Voices, Manitoba Youth in Care Network** _____ **982-4956**
 ◆ 929 Main St. ~ Resources, peer support and advocacy.
- Adolescent Mental Health Centralized Intake** _____ **958-9660**
 ◆ 848 William ~ Mental health programs, no referral needed.



SAFE HANGOUTS



- Spence Neighborhood Association** _____ **985-5467**
 ◆ M.E.R.C. 430 Langside St. ~ Drop-in and other activities.
- MacDonald Youth Services** _____ **477-1804**
 ◆ 161 Mayfair. ~ Counselling, overnight shelter, resources, free condoms.
- Ndinawe** _____ (24 hrs) **586-2588**
 ◆ 370 Flora Ave. ~ Safe shelter for runaway and street affected youth, lots
 of free programs (computers, tutoring, art, video, sports, Indigenous
 cultural Teachings).
- Ma Mawi Wi Chi Itata Centre** _____ **925-0300**
 ◆ 94 McGregor St. ~ Community drop-in with lots of youth groups and all kinds
 of free programs.
- Honouring our Spirits** _____ **947-0421**
 ◆ 70 Albert St. ~ After school program. Free snacks, fun activities, outings,
 Indigenous crafts and Spiritual Teachings.

