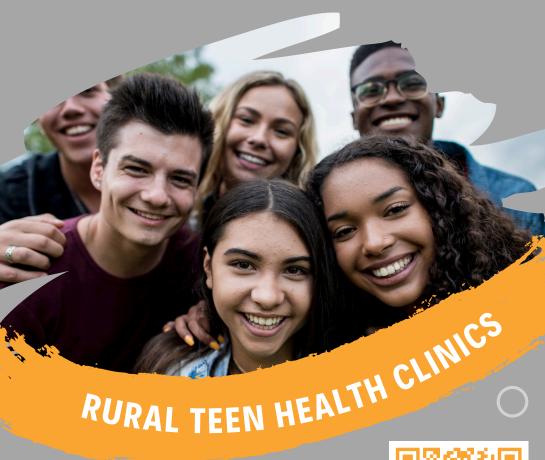
#### **HEALTH & CRISIS CONTACTS**

**Public Health Services** Contact your local office **Mental Health Services** Contact your local office **MB Suicide Prevention** 1-877-435-7170 and Support Line Call or Text 988 Suicide Crisis Helpline 1-800-668-6868 **Kids Help Phone Mental Health Crisis** 1-866-403-5459 **Under 18** Mental Health Crisis +18 1-866-332-3030 1-888-322-3019 Klinic 24 Hour Crisis Line First Nations & Inuit 1-855-242-3310 **Hope for Wellness Help Line Health Links** 1-888-315-9257 **Rainbow Resource** 1-204-474-0212 **TransLifeline 24/7** 1-877-330-6366 **Sexuality Education** 1-204-727-0417 **Resource Centre** 

Teen Clinic dates and times will be announced through the school's communications and PMH social media and website.





Teen Health Clinics are located in your high school.





Walk-ins welcome, no appointment necessary. Services are free.



Original Effective Date: 2023-Aug-29 Revised Effective Date: 2025-Aug-28



### WHAT IS THE TEEN HEALTH CLINIC?

 $\checkmark$  Safe  $\checkmark$  Confidential  $\checkmark$  Non-judgmental

A place for youth to deal with all their healthcare needs.

## WHO MIGHT BE AT THE CLINIC?

- Nurse Practitioner (NP)
- Health Promotion
- Community Mental Health Worker (CMHW)
- Community Addiction Worker
- Public Health Nurse (PHN)
- Clerical Staff

# IS IT CONFIDENTIAL? YES!

This means you can talk to us in private about your health. The only people that will know you use the Teen Clinics are the healthcare providers. You do not need written permission from your parent/guardian to get services at the Teen Clinic. Our only exception to the confidential RULE is if an individual is at risk of suicides or abuse.



Some treatment may require consent. You do not need to be 18 to give consent but do need to understand the nature and consequences of the proposed treatment or lack of treatment.

# WHY SHOULD I GO TO A TEEN HEALTH CLINIC?



- Assessment & treatment of ANY health concern
- Follow-up appointments
- Mental health screening and resource connection
- Sexually transmitted infection (STI) testing and treatment
- Prescription for birth control, supplies and counselling
- Free condoms
- Education and support for healthy lifestyle choices
- Addiction assessment and resource connection
- Nutrition counselling
- Other health needs







