

HEALTH & CRISIS CONTACTS

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

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



RURAL TEEN HEALTH CLINICS

Teen Health Clinics are located in your high school.

CLINIC SCHEDULES

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



WHAT IS THE TEEN HEALTH CLINIC?

✓ Safe ✓ Confidential ✓ 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

