

RESOURCES AND SUPPORT FOR YOUTH

ARE YOU O.K.?

If you or someone you know:

- Has anxiety or depression
- Talks about hurting themselves
- Abuses alcohol or drugs
- Has suffered physical or sexual abuse
- Have had a previous suicide attempt
- Feels alone, rejected or unaccepted
- Have experienced a significant loss

GET HELP BY TELLING SOMEONE.



Seek help from a friend or an adult you trust when you are feeling distress.

CRISIS SUPPORT—TOLL-FREE NUMBERS

Child and Adolescent Treatment Centre-1-866-403-5459

Westman Crisis Services—1-888-379-7699

Manitoba Suicide Line—1-877-435-7170

Sexual Assault Crisis Line-1-888-292-7565

Domestic Violence Crisis Line -1-877-977-0007

MB. Farm and Rural Stress Line-1-866-367-3276

Kids Help Phone-1-800-668-6868

Manitoba Addictions Helpline-1-855-662-660

Child and Family Services-1-866-834-4242