



HEALTH AND WELLNESS

1-888-315-9257
 1-800-263-7146
 204-578-2500
 204-727-0417
 1-800-782-2437
 204-729-3838
 204-578-4800
 www.brandonfriendshipcentre.net
 www.brandonyouth.ca

Health Links/Info Sante
 Children's Advocate
 Brandon Public Health Services
 Sexuality Education Resource Centre
 Sexual Health Information Line
 Addictions Foundation of Manitoba
 7th Street Health Access Centre
 Brandon Aboriginal Youth Activity Centre
 City of Brandon Youth Centre

CRISIS SUPPORT

Child and Adolescent Treatment Centre	204-578-2700 or 1-866-403-5459
Westman Crisis Services	204-725-4411 or 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
Manitoba Farm, Rural & Northern Support Services	1-866-367-3276
Kids Help Phone	1-800-668-6868
Youth Addictions Centralized Intake Service	1-877-710-3999
Child and Family Services of Western Manitoba	204-726-6030 or 1800-483-8980

Seek help from
 a friend or
 professional
 when feeling
 emotional
 distress.

Power Page

Resource
 and Support
 For Youth



@brandon_spin
 spinbrandon



www.spinbrandon.ca

MENTAL HEALTH & ADDICTIONS

www.mindcheck.ca
www.cmha.ca/highschool
www.adam.mb.ca
www.here-to-help.bc.ca
www.psychosissucks.ca
www.afm.mb.ca
www.abovetheinfluence.com
www.whatswithweed.ca
www.anxietybc.com
www.mooddisordersmanitoba.ca

SUICIDE PREVENTION

www.spinbrandon.ca
www.reason-to-live.ca
www.calminthestormapp.com

REPRODUCTIVE HEALTH

www.serc.mb.ca
www.teenclinic.ca
www.seualityandu.ca

TEEN TOPICS

www.teentalk.ca
www.mindyourmind.ca
www.kidshelpphone.ca
www.athinline.org
www.kidshealth.org
www.de-stress.ca
www.needhelpnow.ca

BULLYING

www.cyberbullying.ca
www.bullying.org

BODY IMAGE

www.nedic.ca
www.westwind.mb.ca
www.selfesteemdove.ca

EMPLOYMENT/HOUSING

www.ceys.mb.ca
www.yfc.ca

STRESS [HACKS].ca



KidsHelpPhone.ca
1 800 668 6868

Kids Help Phone



Manitoba Farm & Rural
Support Services



Chat Support Line
www.supportline.ca

Check out the new
app for your smartphone



Calm in
the Storm



Mindshift



SUPPORT GROUPS

Anxiety Disorders Association 204-725-8550
Mood Disorders Association 204-725-1232
Suicide Bereavement Group 204-571-4183