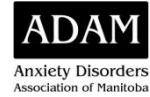


Where to Get Help - Youth Anxiety



Websites

Adam.mb.ca

Anxietybc.com (Youth & Young Adults)

Anxietyinteens.org

Mindcheck.ca

Reachout.com

Brotalk.ca (for male youth)

Apps

Booster Buddy

Calm in the Storm

Mindshift

Hotlines

Bullying Help Line- 1-888-456-2323

Teen Talk- teentalk.ca/ 204-784-4010

Kids Help Phone- 1-800-668-6868/ kidshelpphone.ca

Places to go

Klinik Community Health Centre- klinik.mb.ca/ 204-786-8686

- Teen clinic, counselling, and education services

Youth Mobile Crisis Team/ 204-949-4777

Get help. YOU ARE NOT ALONE. Talk to a parent, friend, teacher, coach or your school's guidance counsellor or school psychologist. Anxiety problems are very common. Anxiety problems are very treatable. The most important thing to do is TALK!