



ON-LINE RESOURCES

MENTAL HEALTH AND ADDICTIONS

www.stresshacks.ca

www.mindcheck.ca

www.cmha.ca/highschool

www.adam.mb.ca

www.heretohelp.bc.ca

www.psychosissucks.ca

www.afm.mb.ca

www.abovetheinfluence.com

www.whatswithweed.ca

www.anxietybc.com

www.mooddordersmanitoba.ca

SUICIDE PREVENTION

www.spinbrandon.ca

www.reasonstolive.ca

www.calminthestormapp.com

www.yputhmentalhealth.ca

www.rightbyyou.ca

REPRODUCTIVE HEALTH

www.serc.mb.ca

www.teenclinic.ca

www.sexualityandu.ca

TEEN TOPICS

www.teentalk.ca

www.mindyourmind.ca

www.kidshelpphone.ca

www.athinline.org

www.kidshealth.org

www.needhelpnow.ca

BULLYING

www.cyberbullying.ca

www.bullying.org

BODY IMAGE

www.nedic.ca

www.westwind.mb.ca

www.selfesteemdove.ca

SMARTPHONE APPS

Calm in the Storm

Mindshift

EMPLOYMENT/HOUSING

www.ceys.mb.ca

www.yfc.ca

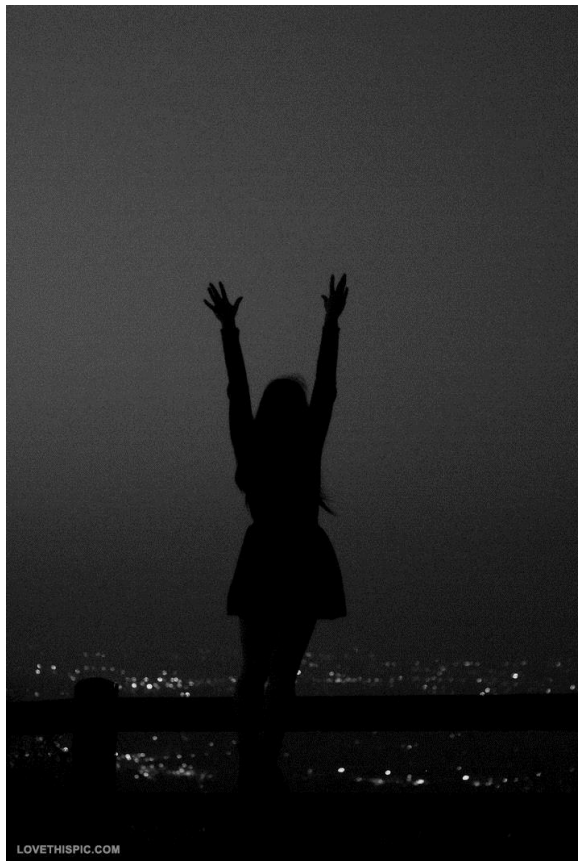
HEALTH AND WELLNESS (Toll Free)

Health Links: 1-888-315-9257

Children's Advocate: 1-800-263-7146

Sexual Health Information Line

1-800-782-2437



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