PCI TEEN CLINIC TO book an appointment: Walk-In if PCI Teen Clinic door is open Tuesday – Friday 8:00am – 3:30pm

Take charge of your health...it's your choice!









Walk-In if PCI Teen Clinic door is open TEXT or Call 204-870-0689 (Provide full name in text) Or Call 204-857-6843 ext. 11609

Shared Health/Mental Health and Addictions

Emily

Now located in the Prince Charles Building Library Stop by or call main office to be transferred to a counsellor

Tracy Ediger







Carly Gabler



Betty Ryzner-Madsen



Laine Hill



Jackie Meulpolder



Public Health Nurse



Mental Health Counsellor



Registered Dietitians



Mental Health & Addictions Counsellors



Mental Health & **Addictions Nurse**



Receptionist

TRUE FALSE

1. Alcohol is a drug

TRUE! A DRUG IS ANY SUBSTANCE THAT CHANGES A PERSON'S MENTAL OR PHYSICAL STATE



2. Seeking counselling means I have a mental illness



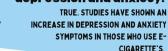
FALSE! PEOPLE SEEK COUNSELLING FOR A WIDE **VARIETY OF REASONS INCLUDING: STRESS AT** SCHOOL, PROBLEMS WITH FAMILY OR FRIENDS, STRUGGLING WITH A SUBSTANCE OR SOMEONE **ELSE'S SUBSTANCE USE.**

3. 1in 5 youth are affected by mental illness

TRUE! 20% OF CANADIAN YOUTH ARE AFFECTED BY MENTAL HEALTH. CHANCES ARE THE NUMBER IS MUCH HIGHER, BUT NOT EVERYONE IS HONEST ABOUT THEIR MENTAL HEALTH.



4. Vaping increases your risk of depression and anxiety.



5. Mental health is for adults

FALSE! 70% OF MENTAL HEALTH PROBLEMS HAVE THEIR ONSET DURING CHILDHOOD OR ADOLESCENCE.



Anyone can struggle with Mental Health or Substance Use

REACH OUT

Did you know?

•YOUNG PEOPLE AGED 15 TO 24 ARE MORE LIKELY TO EXPERIENCE MENTAL ILLNESS AND/OR SUBSTANCE USE DISORDERS THAN ANY OTHER AGE GROUP. (WWW.CAMH.CA)

•PEOPLE WITH A MENTAL ILLNESS ARE TWICE AS LIKELYTO HAVE A SUBSTANCE USE DISORDER COMPARED TO THE GENERAL POPULATION. AT LEAST 20% OF PEOPLE WITH A MENTAL ILLNESS HAVE A CO-OCCURRING SUBSTANCE USE DISORDER. (WWW.CAMH.CA)

*SIMILARLY, PEOPLE WITH SUBSTANCE USE DISORDERS ARE UP TO 3 TIMES MORE LIKELY TO HAVE A MENTAL ILLNESS. MORE THAN 15% OF PEOPLE WITH A SUBSTANCE USE DISORDER HAVE A CO-OCCURRING MENTAL ILLNESS. (WWW.CAMH.CA)

•IN MANITOBA. 10.8% OF CHILDREN AGED 6-12 YEARS HAVE EXPERIENCED A SIGNIFICANT MENTAL HEALTH OR ADDICTIONS ISSUE; FOR YOUTH AGED 13-19 YEARS THIS RATE INCREASES TO 17% (DATA SOURCE: MANITOBA CENTREFORHEALTH POLICY).

See our resource list for how to access help for you or someone you care about



How can you access support?

- Call or text Teen Clinic to book an appointment with the doctor
- Pop in at the AFM office at PCI
- Talk to your guidance counsellor or trusted adult
- Scan the QR code below for more options:





