

## Schedule

**Swan Valley Regional Secondary School - Swan River**  
Public Health Nurse – Every Wednesday from 9:00am-12:00pm  
Mental Health Worker – Every Wednesday from 9:00am-3:30pm  
Nurse Practitioner – First Two Wednesdays of the month

## Local Contacts

Call 1-204-734-6660 ext. 3  
Call or Text Jody PHN 1-431-276-9864  
Call or Text Katie PHN 1-431-276-9863

## Health and Crisis Contacts

Public Health Services .....204-734-6660 ext 3  
Mental Health Services .....204-734-6660 ext 1  
MB Suicide Prevention and  
Support Line ..... 1-877-435-7170  
Kids Help Phone..... 1-800-668-6868  
Mental Health Mobile Crisis..... 1-866-332-3030  
Klinik 24 Hour Crisis Line ..... 1-888-322-3019  
Health Links..... 1-888-315-9257  
Rainbow Resource ..... 1-855-437-8523  
Sexuality Education  
Resource Centre ..... 1-204-727-0417

Date of Issue: November 2014  
Date of Revision: Feb 1/18  
Document #: PMH352



**PRAIRIE MOUNTAIN HEALTH**



## Rural Teen Health Clinic

**SWAN RIVER**

*Someone to talk to!*



[www.prairiemountainhealth.ca](http://www.prairiemountainhealth.ca)

## Why should I go to a Teen Health Clinic?

- Assessment and treatment of ANY health concern
- Follow-up appointments
- Mental health screening and resource connection
- Sexually transmitted infection (STI) testing
- Prescription for birth control and STI treatment
- Birth control counselling
- FREE condoms
- Education and advocacy for healthy lifestyle choices
- Addiction assessment and resource connection
- Nutritional counseling
- Gender Diversity
- ALL your health needs



## What is the Teen Health Clinic?

It is a safe, confidential, non-judgmental place for youth to deal with all their health care needs. Walk-ins welcome, no appointment necessary.

## Who might be at the Teen Health Clinic?

- Nurse Practitioners
- Community Mental Health Workers
- Addictions Foundation Workers
- Public Health Nurses

## Is it confidential? **YES!**

This means you can talk to us in private about your health. The only people that will know you use the Teen Clinics are the health care providers. You do not need written permission from your parents to get services at our Teen Clinic.

Our only exception to the confidentiality RULE is if an individual is:

- At risk of suicide or harm
- Being abused by someone
- Not competent to understand

