

# Where to Get Help - Youth Anxiety



Anxiety Disorders  
Association of Manitoba

## WEBSITES

Adam.mb.ca  
AnxietyCanada.com (Youth )  
Anxietyinteens.org  
MindCheck.ca  
ReachOut.com  
BroTalk.ca (for male youth)

## APPS

Booster Buddy  
Calm in the Storm  
Mindshift

## PHONE SUPPORT

Bullying Help Line **1-888-456-2323**  
Teen Talk **204-784-4010** or teentalk.ca  
Kids Help Phone **1-800-668-6868** or Text TALK to **686868**  
Youth Mobile Crisis Team **204-949-4777**  
Klinic Crisis Line **204 786-8686** or **1-888-322-3019**

## PLACES TO GO

RAY **204-391-2209** or rayinc.ca

*Provides basic needs & support for street-entrenched and homeless youth up to the age of 29.*

Macdonald Youth Services **204-477-1804** or toll free- **1-888-477-1804**

*Offers short-term emergency shelter and basic needs walk-in resource services to youth.*

Teen Talk **204 784-4010**

*Youth Health Education Program providing services for youth from a harm reduction, prevention education perspective. They focus on sexuality, reproductive health, body image, substance use awareness, mental health, issues of diversity and anti-violence issues.*