

PCI TEEN CLINIC

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



To book an appointment :

Walk-In if PCI Teen Clinic door is open

Tuesday – Friday 8:00am – 3:30pm

TEXT or Call 204-870-0689 (Provide full name in text)

Or Call 204-857-6843 ext. 11609

Shared Health/Mental Health and Addictions

Now located in the Prince Charles Building Library

Stop by or call main office to be transferred to a counsellor

Tracy Ediger	Sacha Grimeau	Carly Gabler	Kerby Sylvester	Betty Ryzner-Madsen	Emily Preun	Laine Hill	Jackie Meulpolder
Public Health Nurse	Mental Health Counsellor	Registered Dietitians	Mental Health & Addictions Counsellors	Mental Health & Addictions Nurse	Receptionist		

TRUE OR 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. 1 in 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.**

TRUE. STUDIES HAVE SHOWN AN INCREASE IN DEPRESSION AND ANXIETY SYMPTOMS IN THOSE WHO USE E-CIGARETTE'S.
- 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 LIKELY TO 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 CENTRE FOR HEALTH 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: