

# PCI TEEN CLINIC

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



**To book an appointment @ Teen Clinic:**

Open weekly through summer!

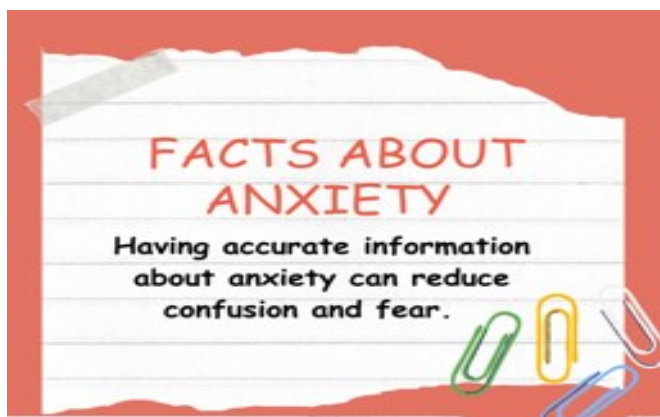
EXCEPT closed July 17-28/23

Tuesday – Friday 8:00am – 3:00pm

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

Or Call 204-857-6843 ext. 11609

Jackie Meulpolder	Dr. Shayne Reitmeier	Rebecca Krause	Tracy Ediger	Laine Hill	Sacha Grimeau	Carly Gabler	Kerby Sylvester	Betty Ryzner-Madsen	Emily Preun
Receptionist	2SLGBTQ+ Care	Nurse Practitioner	Public Health Nurse	Mental Health & Addictions Nurse	Mental Health Counsellor	Registered Dietitians	Addictions	Counsellors	



- 1** Anxiety is normal  
Everyone experiences anxiety at times. It is normal to feel anxious when on a rollercoaster, or before a job interview.
- 2** Anxiety is adaptive  
When you experience anxiety, your body's "Fight-Flight -Freeze" response is triggered. This response prepares your body to defend itself.
- 3** Anxiety is not dangerous  
Although anxiety may feel uncomfortable, it is not dangerous or harmful to you. Remember, all the sensations you feel when you are anxious are there to protect you, not hurt you.
- 4** Anxiety does not last forever  
When you are anxious, you may feel like the anxiety is going to last forever but it is temporary. The anxiety will eventually decrease.

Relaxation techniques such as:

- progressive muscle relaxation
- visualization exercises
- breathing techniques

Soothe with your senses  
Name:

5 things you can see  
4 things you can feel  
3 things you can hear  
2 things you can smell  
1 thing you can taste

*Ways to manage your anxiety*

**STOPP:**

S: stop, don't react  
T: take a deep breath  
O: observe, what are you focusing on and reacting to  
P: pull back and put in some perspective  
P: practice what works, do what is helpful and appropriate

Talk to a trusted support person

Call Kids Help Phone  
1-800-668-6868  
Or Text 686868

**ATTENTION!**

May 1st to May 7th is Mental Health Awareness Week

**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 .