

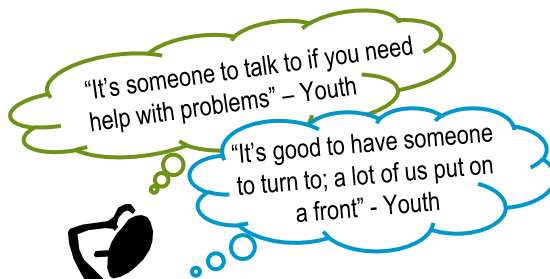
Having a difficult time?



Need to talk?

Contact a Youth Outreach Worker for...

- Confidential support for youth ages 12 to 29.
- Someone to listen to your interests & concerns.
- Someone to offer recreational & social programs.
- Someone to help get the service you need & connect to other supports.
- Someone to talk to about:
 - Alcohol & Drugs
 - Relationships
 - Stress
 - Safer Sex
 - Decision Making
 - Conflicts
 - Anger
 - Self Esteem
 - Any Mental Health Issue



Port aux Basques
& Area
Krista Loveless
695-6901

Mental Health Crisis Line 1-888-737-4668
Kids Help Phone 1-800-668-6868
NL Health Line 1-888-709-2929