

• Hello •
Youth

Questions
About
Your
Health?

**Call Your Local Public Health Nurse for
Confidential, Non-Judgmental Care**

**Reproductive
Health**

Birth Control Options (Pills, Depo Shot)
Condoms
Sexually Transmitted Infection Testing
Sexually Transmitted Infection Treatment
Pregnancy Testing and Counselling

**Healthy Living
Wellness**

Mental Health

Immunizations
Gender/Sexuality Support
Anxiety/Depression Support
Alcohol/Drug Use Counselling
Positive Body/Mind Image Support





Interlake-Eastern
Regional Health Authority

All Interlake-Eastern RHA Public Health Offices offer free, confidential and non-judgmental care and counselling to youth ages 12-25. Some communities have specific teen clinics and others offer the same services, but through appointment with the Public Health Nurse. We encourage youth wishing to have more information or would like to have public health services to please see the listing of phone numbers for the nurses can be found on the Interlake Eastern Regional Health Authority Website page.

<https://www.ierha.ca/default.aspx?cid=6375&lang=1>.

Youth services provided fall into three categories

- 1) Healthy Living and Wellness
 - a. Immunizations
 - b. Alcohol/drug/nicotine/vape use counselling
 - c. Healthy eating information
 - d. Connecting with dietitian, primary health care provider
- 2) Mental Health
 - a. Gender/sexuality support
 - b. Anxiety/depression support
 - c. Positive body and mind support
 - d. Connecting with a mental health worker
- 3) Reproductive Health
 - a. Birth control (depo, pills, patch)
 - b. Condoms
 - c. Pregnancy testing and counselling
 - d. Sexually transmitted infection testing and treatment

Youth services remain available during COVID-19. It is requested that clients call ahead to the nurse as the Public Health offices do not have a walk-in option at this time. We love being a part of our community youth's health and wellness. Please call us with any questions or check out our Instagram or Facebook sites (Interlake Eastern Teen Clinic).