



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 education/referrals
  - c. Referrals or assist in connecting to dietitian, chronic disease or primary health care provider.
- 2) Mental Health
  - a. Gender/sexuality support
  - b. Anxiety/depression support
  - c. Positive body and mind support
  - d. Referral to 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).