



Helpers in Your Community

Estevan

1-800-216-7689

Crisis (Distress) Center

Suicide Prevention Center

1 800-668-6868 (Kids Help Phone)

Teen Line

1-800-214-7083

Rape/Sexual Assault Center

637-4044 (collect calls accepted)

Domestic Violence Hotline

1-800-214-7083

Sexual Abuse Hotline

637-4550 (Social Services)

Child Abuse Hotline

911 or 634-4767 (non emergency)

Police

911

Paramedic Emergency Medical Services Unit

1-800-216-7689

Mental Health Crisis

637-2400 (St. Joseph's)

Hospital Emergency Services

525-2141 or 569-2292 Men 543-0011

Emergency Shelters **Regina**

Youth Shelter

Mental Health Outreach Clinic

Children/Youth Psychiatric Clinic

Farm Stress Line 1-800-667-4442

HealthLine 1-877-800-0002

Problem Gambling Help 1-800-306-6789

Private Practitioners

Medical Clinic

1 800-226-0944

AIDS Information and Testing Sites

637-4550 (Social Services)

Children's Services Offices

School Student Services

Child Care Referrals

1 888 603-9100 (Parents Help Line)

Parent Training

1-800-668-7808 (Network of Services)

Family Support Services

1-800-216-7689

Self Help Groups

637-2422

Substance Abuse Counseling

764-9449

Alcoholics Anonymous

CMHA SK Division - 1-800-461-5483

842-7959 CMHA Weyburn Branch

Mental Health Association

Religious/Spiritual Support

Legal Aid Victim Serv.
637-4620 or 1-877-424-1903 1-888-286-6664

Legal Assistance/Victim-Witness Assistance

637-4538

Probation Officers

Gay & Lesbian Health Services 1-800-358-1833

TransSask Support Services

Mikayla Schultz, Phone 306 351-6066 (text or call)