



# Helpers in Your Community

# Melfort

**1-800-611-6349**  
Crisis (Distress) **Line** Hudson Bay & District 865-3064  
LaRonge Crisis Line 425-4090

**764-1011 or 1-800-611-6349**  
Suicide Prevention Center

**1 800-668-6868 (Kids Help Phone)**  
Teen Line

**764-1039**  
Rape/Sexual Assault Center

**752-9455 or 1-800-611-6349**  
Domestic Violence Hotline

**752-9455 or 1-800-611-6349**  
Sexual Abuse Hotline

**953-2345 1-800-487-8603**  
Child Abuse Hotline

**953-4222 (non emergency)**  
Police

**911**  
Paramedic Emergency Medical Services Unit

**764-1011 (Mobile Crisis)**  
Mental Health Crisis

**911 (Victoria Hospital 765-6000)**  
Hospital Emergency Services  
Children Men Women  
**922-4454 763-6673 764-7233**

Emergency Shelters **Prince Albert**

Youth Shelter  
**765-6055**

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  
**752-6100 or 1-800-487-8640**

Children's Services Offices

School Student Services  
**953-2660 or 1-800-487-8603**

Child Care Referrals  
**1 888 603-9100 (Parents Help Line)**

Parent Training  
**752-6100**

Family Support Services  
**752-6100**

Self Help Groups  
**765-6565**

Substance Abuse Counseling  
**764-9449**

Alcoholics Anonymous  
CMHA SK Division - 1-800-461-5483  
**763-7747 CMHA Prince Albert Branch**  
Mental Health Association

Religious/Spiritual Support  
Legal Aid Victim Svc  
**953-2850 or 1-877-424-1900 765-5574**

Legal Assistance/Victim-Witness Assistance  
**752-6240**

Probation Officers

Gay & Lesbian Health Services **1-800-358-1833**  
TransSask Support Services  
Mikayla Schultz, Phone 306 351-6066 (text or call)