



Helpers in Your Community

Moose Jaw

Crisis (Distress) Center

Suicide Prevention Center

1 800-668-6868 (Kids Help Phone)

Teen Line

306 352-0434 (Regina)

Rape/Sexual Assault Center

1-800-214-7083

Domestic Violence Hotline

1-800-214-7083

Sexual Abuse Hotline

1-800-668-6868

Child Abuse Hotline

911 or 694-7600 (non emergency)

Police

911

Paramedic Emergency Medical Services Unit

691-6464

Mental Health Crisis

694-0200

Hospital Emergency Services

Moose Jaw - 693-6511

Regina - 525-2141*569-2292*565-2537*543-0493

Emergency Shelters

Youth Shelter

691-6464

Mental Health Outreach Clinic

691-6473

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

694-8336

Children's Services Offices

School Student Services

694-3647 631-4306 (after hours)

Child Care Referrals

694-8133 1 888 603-9100 (Parents Help Line)

Parent Training

691-6464 694-8133

Family Support Services

693-6511 (Adult Survivors of Sexual Abuse)

Self Help Groups

691-6464

Substance Abuse Counseling

693-6888 Al-anon 691-5811

Alcoholics Anonymous

CMHA SK Division - 1-800-461-5483

692-4240 CMHA Moose Jaw Branch

Mental Health Association

Religious/Spiritual Support

Legal Aid Victim Serv.
694-3700 or 1-877-424-1903 694-7624

Legal Assistance/Victim-Witness Assistance

694-3649

Probation Officers

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

TransSask Support Services

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