



Helpers in Your Community

Prince Albert

764-1011 or 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

1-800-611-6349

Domestic Violence Hotline

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

Shellbrook Hospital 747-4278

765-6055 Spiritwood Health Complex 883-4462

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 or 765-6540

AIDS Information and Testing Sites

765-6540 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

765-6565

Family Support Services

765-6055

Self Help Groups

Youth 765-6565

Spiritwood 883-4479

Adult 765-6550

Shellbrook 747-4275

Substance Abuse Counseling (Addictions)

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

953-2850 / 1-877-424-1900

Victim Services

PA RCMP 765-5574

PA Police Services 953-4357

Legal Assistance/Victim-Witness Assistance

953-2835

Probation Officers

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

TransSask Support Services

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