



Helpers in Your Community

Regina

757-0127 (Mobile Crisis)

Crisis (Distress) Center

525-5333 (Regina Crisis/Suicide Line)

Suicide Prevention Center

1 800-668-6868 (Kids Help Phone)

Teen Line

352-0434 or 536-1190 after 4:30 pm

Rape/Sexual Assault Center

1 800-214-7083

Domestic Violence Hotline

1 800-214-7083

Sexual Abuse Hotline

569-2724

Child Abuse Hotline

777-6500 (non emergency)

Police

911

Paramedic Emergency Medical Services Unit

766-7800

Mental Health Crisis

General 766-4444 - Pasqua 766-2222

Hospital Emergency Services

Women 525-2141 or 569-2292

Men 543-0011

Emergency Shelters

Youth Shelter

766-7800

Mental Health Outreach Clinic

766-7400

Children/Youth Psychiatric Clinic

Private Practitioners

Medical Clinic

1 800-226-0944

AIDS Information and Testing Sites

766-6700

Children's Services Offices

School Student Services

787-4980 (info on licensed care)

Child Care Referrals

1 888 603-9100 (Parents Help Line)

Parent Training

1 800-668-7808 (Network of services)

Family Support Services

766-7800 - 757-6675 - 525-0521

Self Help Groups

766-7910

Substance Abuse Counseling

545-9300 (Al-Anon/Alateen 522-7500)

Alcoholics Anonymous

525-5601 or toll free 1-800-461-5483

Mental Health Association

Religious/Spiritual Support

787-8760 (Legal Aid) - 787-3883

Legal Assistance/Victim-Witness Assistance

787-3808 or toll free 1 888-586-6363

Probation Officers