



## 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

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

**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

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

TransSask Support Services

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