



## Helpers in Your Community

## Swift Current

778-3833 or 1-800-567-3334 (24 hr. crisis)

Crisis (Distress) Center

778-3833 or 1-800-567-3334 (24 hr. crisis)

Suicide Prevention Center

1 800-668-6868 (Kids Help Phone)

Teen Line

778-3833 or 1-800-567-3334 (24 hr. crisis)

Rape/Sexual Assault Center

778-3833 or 1-800-567-3334 (24 hr. crisis)

Domestic Violence Hotline

778-3833 or 1-800-567-3334 (24 hr. crisis)

Sexual Abuse Hotline

778-8219

Child Abuse Hotline

City

Rural

Non emergency 778-4870 778-5550

Police

911

Paramedic Emergency Medical Services Unit

778-3833 or 1-800-567-3334

Mental Health Crisis

778-9412

Hospital Emergency Services

778-3692

Emergency Shelters

Youth Shelter

778-5280

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

778-8219

Children's Services Offices

School Student Services

778-8219

Child Care Referrals

1 888 603-9100 (Parents Help Line)

Parent Training

Family Support Services

778-5280 778-3684

Self Help Groups

778-5280

Substance Abuse Counseling

Al-Anon

Narc-Anon

773-7494 445-2748 1-877-463-3537

Alcoholics Anonymous

CMHA SK Division - 1-800-461-5483

778-2440 CMHA Swift Current Branch

Mental Health Association

Religious/Spiritual Support

Legal Aid

Victim Svc

778-8272 or 1-877-424-1907 778-6565

Legal Assistance/Victim-Witness Assistance

778-8244

Probation Officers

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

TransSask Support Services

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