



TAKING CARE OF YOUR MENTAL HEALTH

INTAKE NUMBERS FOR THE NORTH WEST

North Battleford Mental Health and Addictions 306-446-6500

Lloydminster Mental Health and Addictions 306-820-6250

Meadow Lake Mental Health and Addictions 306-236-1580

North West Former Keewatin Yathe Communities Mental Health and Addictions
Toll Free 1-844-235-5595 or 306-235-7887

CRISIS COUNSELING & SUPPORT

Health line-(Professional Health Advice and Mental Health support) 811

Emergency Services 911

24 Hour Suicide Crisis Hotline 1-833-456-4566

Kids Help Phone 1-800-668-6868
24 hour Crisis Text Line (Kids Help Phone)
Text Talk 686868

Wellness Help Line Toll Free 1-855-242-3310 or Online
Chat at www.hopeforwellness.ca/

First Nations and Inuit Hope for Wellness Help Line
24/7 Hours
1-855-242-3310

Indian Residential School Crisis Line
24/7 Hours
1-866-925-4419

Trans Lifeline (Support for Transgender people)
1-877-330-6366

Veterans Crisis Help Line
1-800-268-7708

Catholic Family Services of the Battlefords
306-445-6960

CHILD ABUSE

Prince Albert Children's Haven
(Emergency Care for Children)
306-922-4454

Saskatoon Crisis Nursery
(Emergency Care for Children)
306-242-2433

GAMBLING

Saskatchewan Problem Gambling Help Line
24/7 Hours
1-800-306-6789

DOMESTIC VIOLENCE

West Central Crisis and Family Support Centre
Victim Assistance & Support Team – 24/7 Hours
306-463-1860

Northeast Crisis Line – 24/7 Hours
1-800-611-6349

Saskatoon Interval House – Women's Abuse Crisis
Line 24/7 Hours
1-888-338-0880

North of 54 Advisory Committee
Monday - Friday 9:00 am - 5:00 pm
306-236-3766

SEXUAL ABUSE

Northeast Crisis Line – 24/7 Hours
1-800-611-6349

Prince Albert Mobile Crisis Unit - Sexual Assault Line
24/7 Hours
306-764-1039