

# RECOURCES IN YOUR COMMUNITY

## REGINA



**Suicide Crisis Hotline**  
988 (Call/Text 24h)

**Regina Crisis/Suicide Line**  
306-525-5333 (24h)

**Teen Line**  
1-800-668-6868 (24h)

**Sexual Assault Line**  
306-352-0434 (24h)

**Abuse Line**  
1-800-214-7083 (24h)

**Domestic Violence Program**  
306-757-6675

**Alternatives to Violence Program for Men**  
306-766-7800

**Safety Services Sexually Exploited Children**  
306-757-7803

**Regina Child Abuse Line**  
306-569-2724

**Children Exposed to Violence Program**  
306-525-2141

**Hard of Hearing TTY Access Emergency Line**  
306-359-1012

**Regina Police General Inq.**  
306-777-6500

**RCMP Police Emergencies only**  
306-310-7267

**RCMP Drug Section**  
306-780-5560

**Intake Line & Crisis Response Team**  
306-766-7800

**Mobile Crisis**  
306-757-0127

**Online Therapy Unit**  
306-337-3331  
[www.onlinetherapyuser.ca](http://www.onlinetherapyuser.ca)

**Adult Psychiatric General Hospital**  
306-766-4203

**HIV Anonymous Testing**  
306-766-7779

**Child Protection Line**  
306-787-3760

**Family Services Regina**  
306-757-6675

**First Nations Family Support Centre**  
306-522-6722

**Transgender Suicide Hotline**  
1-877-330-6366

### Hospital Emergency Services

**Regina General Hospital**  
306-766-4444  
**Regina Pasqua Hospital**  
306-766-2222

### Emergency Shelters

**Downtown Brownes**  
306-545-3445 (24h)  
**Isabel Johnson Shelter**  
306-525-2141 (24h)  
**WISH Safe House**  
306-543-0493 (24h)  
**SOFIA House**  
2nd Stage Housing  
306-565-2537

**Moose Jaw Transition House**  
306-693-6511 (24h)

**Qu'Appelle Have Safe Shelter**  
1-888-332-7233 (24h)

### Children/Youth Psychiatric Clinics

**Child & Youth Services**  
306-766-6700

**Randall Kinship Centre**  
306-766-6780

**Substance-Use Support**  
**Adult Addictions Services**

306-766-6600  
**Detox Services**  
306-766-6601  
**Alcoholics Anonymous**  
306-545-9300  
**Problem Gambling Help Line**  
1-800-306-6789  
**Narcotics Anonymous**  
306-757-6600  
**ALANON/ALATEEN**  
306-522-7500  
**Harm Reduction Methadone Program**  
306-766-6350  
**Metis Addictions Council of Saskatchewan**  
306-522-3681

**Mental Health Association**  
**Canadian Mental Health Association**  
306-525-5601  
**Branch Office CMHA**  
306-525-9543

**Legal Assistance/**  
**Victim Witness Assistance**  
**Victim Services**

City Police  
306-777-8660  
**Victim Witness Services**  
306-787-3883  
**Crime Stoppers**  
1-800-222-8477  
**Regina Legal Aid Office**  
306-787-8760

**Home Care Services**  
306-766-7200

**Farm Stress Line**  
1-800-667-4442

**Community Service Referral Line (call or text)**  
211 (24h)