

Abuse Help Lines

ABUSE HELP LINES

What is Abuse?

Abuse is a pattern of verbal, emotional, physical, or sexual behaviours used by one person in order to gain power and control over another person. When you are being abused, you may feel afraid, worthless and helpless.

Who is Abused?

Anyone can be a victim of abuse, regardless of ethnic background, age, gender, sexual orientation, disabilities, religion, marital, financial or employment status.

Are You Being Abused?

Please remember that no one has the right to hurt you. You have the right to be free from abuse. You are not at fault and do not cause the abuse.

The following are some of the signs of abuse:

- Ignoring or minimizing your feelings
- Constantly criticizing, insulting and calling you names
- Humiliating you in public or private
- Refusing to help you when you are sick or injured
- Controlling all the money
- Locking you out of your home
- Isolating you from your family, friends, work and community support
- Controlling where you go and what you do
- Checking up on you constantly
- Blaming you for the abuse that occurs
- Playing mind games
- Threatening to: hurt you, take your children, harm your family and hurt you with a weapon
- Pushing, shoving, throwing objects at you
- Hitting, choking, punching, biting, slapping, kicking you

If any of these things are happening to you, consider talking to someone who can help.

Help is Available

Admitting to and breaking free from abuse can be very hard, even dangerous. Agencies and organizations that can help are listed on this page. Safe housing, counselling, support groups and referrals to legal and financial assistance are just a few of the services that are available for people living with abuse. In addition, the PATHS' website has information on abuse in many languages. For more information, visit:

www.abusehelplines.org

EMERGENCY SERVICES

Emergency Services	911
RCMP – Police Emergencies Only (No Charge)	310-RCMP (7267)

HELP LINES

* Abused Women's Info Line (24 hrs)	1-888-338-0880
* Battlefords and Area Sexual Assault Centre	306-445-0055
24 Hour Line	306-446-4444
Child Protection Services	North Battleford 306-446-7705
Concern for Youth (Street Workers)	306-441-5823
	or 306-441-6930
	or 306-441-0257
	(Programs) 306-481-3019
* Kids Help Phone (24 hrs)	1-800-668-6868
* Lloydminster Sexual Assault Centre (24 hrs)	306-825-8255
Ministry of Social Services	
Buffalo Narrows	1-800-667-7685
Kindersley	306-463-5470
La Loche	1-877-371-1131 or 306-822-1711
Lloydminster	1-877-367-7707
Meadow Lake	1-877-368-8898
North Battleford	1-877-993-9911
Rosetown	306-882-5400
* Seniors Neglect & Abuse Response Line	306-933-6200
* Sexual Assault Crisis Line (toll free in Saskatchewan)	1-866-567-0055
* Southwest Crisis Services (24 hrs)	Swift Current 306-778-3386
	or (toll free in region) 1-800-567-3334
Victim Services	
Battlefords, Cut Knife	306-446-1550
Lloydminster, Onion Lake, Maidstone, Turtleford and Glaslyn	780-874-5022
* West Central Crisis Centre	Kindersley 306-463-6655
Mobile Crisis (24 hrs)	Saskatoon 306-933-6200
Traumatic Events Response (24 hrs)	Kindersley 306-463-1860

SAFE SHELTERS

* Battlefords Interval House (24 hrs)	306-445-2742
* Lloydminster Interval Home (24 hrs)	780-875-0966
* Prince Albert Safe Shelter for Women (24 hrs)	306-764-7233
* Saskatoon Interval House (24 hrs)	1-888-338-0880 or 306-244-0185
* Southwest Safe Shelter for Women (24 hrs)	306-778-3386
Waskoosis Safe Shelter (24 hrs)	Meadow Lake 306-236-5570

COUNSELLING & SUPPORT SERVICES

Battlefords Mental Health and Addiction Centre	306-446-6500
– Alternatives to Violence Program	
– Survivors of Domestic Violence	
* Battlefords Indian & Metis Friendship Centre	306-445-8216
Buffalo Narrows Friendship Centre	306-235-4633
* Catholic Family Services	Battlefords 306-445-6960
Heartland Health Region Centralized Intake	Rosetown 1-866-268-9139
Kanaweyimik Family Services	Battlefords 306-445-3500
* Lloydminster Interval Home Programs	780-808-5282
North West Friendship Centre	306-236-3766
* West Central Crisis and Family Services	Kindersley 306-463-6655

* These agencies do not subscribe to Call Display or Name Display.

The **Provincial Association of Transition Houses of Saskatchewan (PATHS)** designed the **Abuse Help Lines** page to assist anyone in an abusive situation. The law says when a child witnesses family violence, it is child abuse. Child abuse will not stop until family violence stops. For more information, visit: www.abusehelplines.org