

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
 * Mobile Crisis Services (24 hrs) 306-757-0127

HELP LINES

- * Regina Sexual Assault Line (24 hrs) 306-352-0434
 * Regina Crisis/Suicide Line (24 hrs) 306-525-5333
 * Regina Child Abuse Line 306-569-2724
 * Social Services Child Protection Intake Line 306-787-3760
 * 24 Hour Abuse/Sexual Assault Support Line 1-800-214-7083
 * Kids Help Phone (24 hrs) 1-800-668-6868
 website: www.kidshelpphone.ca

SAFE SHELTERS

- * Isabel Johnson Shelter (24 hrs) 306-525-2141
 * Regina Transition House (24 hrs) 306-569-2292
 * SOFIA House - 2nd Stage Housing 306-565-2537
 * WISH Safe House (24 hrs) 306-543-0493

OUT OF TOWN

- * Moose Jaw Transition House (24 hrs) 306-693-6511
 Qu'Appelle Haven Safe Shelter (24 hrs)
 1-888-332-7233/306-332-6881

COUNSELLING & SUPPORT SERVICES

- * Alternatives to Violence Program for Men 306-766-7800
 Child and Youth Services 306-766-6700
 * Children Exposed to Violence Program 306-525-2141
 * Circle Project 306-347-7515
 * Domestic Violence Programs 306-757-6675
 * Family Service Regina 306-757-6675
 * Regina Sexual Assault Center 306-522-2777
 * Street Workers Advocacy Project (SWAP) 306-525-1722
 Victim Witness Services 306-787-3883
 Victim Services (City Police) 306-777-8660
 Victim Services (RCMP)
 File Hills First Nations Police Service 306-334-3222
 Fort Qu'Appelle 306-332-2525
 Indian Head 306-695-5208
 Lumsden 306-731-4282
 Milestone 306-436-6253
 Punnichy 306-835-5200
 Southey 306-781-5065
 White Butte 306-781-5065

* 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