

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 Line Prince Albert (24 hrs) 306-764-1011

HELP LINES

- * Crisis Line – Northeast (24 hrs) 1-800-611-6349
 * Kids Help Phone (24 hrs) 1-800-668-6868
 * La Ronge Crisis Line (24 hrs) 306-425-4090
 * Prince Albert Sexual Assault Centre (24 hrs) 306-764-1039
 * Seniors Neglect & Abuse Response Line 306-764-1011

SAFE SHELTERS

- * Children's Haven – Prince Albert (24 hrs) 306-922-4454
 * Piwapan Women's Centre (24 hrs) La Ronge 306-425-3900
 * Prince Albert Safe Shelter for Women (24 hrs) 306-764-7233
 * Prince Albert Safe Shelter 2nd Stage 306-764-7233
 YWCA 306-763-8571
 YWCA Our House (24 hrs – Men & Women) 306-922-6162
 YWCA Rendalyn Home 306-765-2522
 YWCA Youth Peer Home 306-765-2520

COUNSELLING & SUPPORT SERVICES

- Hudson Bay Family and Support Centre 306-865-3064
 Iskeww: Women Helping Women Prince Albert 306-953-6229
 Marguerite Riel Centre Melfort 306-752-4950
 Mental Health La Ronge 306-425-2422
 Melfort 306-752-8767
 Prince Albert 306-765-6055
 Ministry of Social Services
 Financial Services La Ronge 306-425-4544
 Support Services La Ronge 306-425-5511
 Melfort 306-752-6100
 Nipawin 306-862-1700
 Prince Albert 306-953-2422
 Native Co-ordinating Council Family Services 306-764-1652
 NE Kelsey Trail Health Region 306-752-8767
 NE Outreach & Support Services Melfort 1-800-611-6349
 P.A.G.C. Urban Services 306-765-5300
 * Prince Albert Catholic Family Services 306-922-3202
 Prince Albert Child Protection Services 306-953-2422
 Victim Services La Ronge 306-425-4378
 Prince Albert 306-953-4357
 Tisdale 306-878-3819
 YWCA Settlement Services (Immigrant). 306-763-0736

* 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