

# 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, PATHS's website has information on abuse in many languages. For more information, visit [www.abusehelplines.org](http://www.abusehelplines.org).

### EMERGENCY SERVICES

|   |          |
|---|----------|
| Emergency Services .....                | 911      |
| * Mobile Crisis Services (24 hrs) ..... | 757-0127 |

### HELP LINES

|  |                |
|--|----------------|
| * Regina Sexual Assault Line (24 hrs) .....              | 352-0434       |
| * Regina Crisis/Suicide Line (24 hrs) .....              | 525-5333       |
| * Regina Child Abuse Line .....                          | 569-2724       |
| * Community Resources Child Protection Intake Line ..... | 787-3760       |
| * 24 Hour Abuse Line .....                               | 1-800-214-7083 |
| * Kids Help Phone Line (24 hrs) .....                    | 1-800-668-6868 |

### SAFE SHELTERS

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

### OUT OF TOWN

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

### COUNSELLING & SUPPORT SERVICES

|   |          |
|---|----------|
| * Alternatives to Violence Program for Men .....      | 766-7800 |
| Child and Youth Services .....                        | 766-6700 |
| * Children Exposed to Violence Program .....          | 525-2141 |
| * Circle Project .....                                | 347-7515 |
| * Domestic Violence Programs .....                    | 757-6675 |
| * Family Service Regina .....                         | 757-6675 |
| First Nations Family Support Centre .....             | 522-6722 |
| * Regina Women's Community Centre .....               | 522-2777 |
| * RespectED - Abuse Prevention Education .....        | 721-1600 |
| * Safety Services - Sexually Exploited Children ..... | 757-7803 |
| * Street Workers Advocacy Project (SWAP) .....        | 525-1722 |
| Victim Witness Services .....                         | 787-3883 |
| Victim Services (City Police) .....                   | 777-8660 |
| Victim Services (RCMP)                                |          |
| File Hills First Nations Police Service .....         | 334-3222 |
| Fort Qu'Appelle .....                                 | 332-2525 |
| Indian Head .....                                     | 695-5208 |
| Lumsden .....   | 731-4282 |
| Milestone .....                                       | 436-6253 |
| Punnichy .....  | 835-5200 |
| Regina .....  | 780-6694 |
| Southey .....   | 726-5236 |

\* 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](http://www.abusehelplines.org)