

**YOU ARE NOT ALONE....  
HELP IS HERE...**

This information was created to offer you a listing of resources available to you that are a phone call away. **We want you to know that you are not alone and help is available.**

**If you are facing an immediate crisis, or have knowledge that you will be facing future crisis, please consider these suggestions of support and resources.**

In a domestic violence situation, it is helpful to have a code word or phrase that will help others to know that you need help and for them to call the police. For example, a code/phrase word can be "I'm tired" or "awesome". Also, please keep a list of family, friends and support persons' phone numbers on a piece of paper or on this information provided, so that you will have them if you cannot remember them.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

**Please remember that the violence you are experiencing is not your fault and that it is in your best interest to keep yourself and your dependants.**

**Here is a list of phone numbers to call when in need of supports**

**Moose Jaw PACT (Police & Crisis Team) -306-694-7605 or 911**

**Ambulance** - 306-694-2151

**Taxi**

Diamond Taxi –  
306 - 693 - 3999  
Capone's Taxi  
306 - 972 – 5050

**Moose Jaw Transition**

**House** 306 - 693 - 6511  
A 24/7 domestic violence service.

**Moose Jaw Humane Society**

306 - 692 - 1517  
After office hours emergency phone number is the same but press 1.

**Moose Jaw Legal Aid**

306 - 694 - 3700  
Is the provision of assistance to people who are unable to afford legal representation and access to the court system.

**Regina Sexual Assault Centre**

306 - 522 - 2777  
Offers support to those affected by sexual violence.

**Veteran's Support**

1 -800 - 268 - 7708  
VAC Assistance Program (For Mental Health professional support at any time.)

**Financial Support**

1 - 866 - 522 - 2122.  
1 - 833 - 921 -0071 (toll free, Monday to Friday at 8:30 a. m to 4:30 p.m.).

**Homeless or at risk of being homeless**

1 - 866 - 522 - 2122 or  
1 - 833- 921-0071

**Family Issues**

1 - 800 - 268 - 7708 and  
1 - 800 -567 - 5803.

**Regina Crisis Line**

303 - 757 - 0127

**Kids Help Phone**

1 - 800 - 668 - 6868  
Text "CONNECT" at 686868

(This line serves all ages 24/7)

**First Nations and Inuit Helpline**

1 - 855 - 242 - 3310

**Monarch Mental Health (Regina 2SLGBTQ**

**Counselling)**  
306 - 988 - 4357  
Email:  
[counsellor@urpride.ca](mailto:counsellor@urpride.ca)

**Trans Lifeline**

1 - 877 - 330 - 6366

**Suicide Help Line**

1-833-456-4566  
Provides support for those struggling with thoughts of suicide.

**SHA Mental Health and Addictions Intake:**

306-691-6464 (M-F: 8-5)  
Counselling Services

**Moose Jaw Family Services**

306-694-8133  
Personal Counselling & courses.

**Canadian Mental Health Association Moose Jaw**

306 - 692 - 4240  
Provides: one-to-one peer support to those in need/courses/advocacy.

**Moose Jaw Social Services**

306 - 694 - 3647  
1235 Main Street North  
Financial assistance to those in need.

**Supplemental Health Benefit**

1 - 800 - 667 - 7581  
or 1 - 306 - 787 - 3317

**Moose Jaw Housing Authority**

306-694-4055  
Mission is to provide quality, safe and affordable housing.

**John Howard Society**

306-693-0777  
Housing/Food/supports

**Moose Jaw and District Food Bank** 306-692-2911

**Hunger in Moose Jaw**

306 - 692 - 1916

**Riverside Mission/Soul's Harbour Rescue Mission**

306 - 624 - 0137  
Provide emergency overnight shelter to men in need. They also provide meals for those in need.

**Alcoholics Anonymous**

306-693-6888

**Narcotics Anonymous**

306-757-6600

**Al-Anon** 306 - 691 - 5811

**Wakamow Manor Detox**

306 - 694 -4030

**RQHR Addiction Treatment Centre** 306 - 766 - 6600

**Calder Addiction Treatment Centre**

(Saskatoon)  
306 – 655 -4500

**Pine Lodge Addiction Treatment Centre (Indian Head)**

306 – 695 – 2251

**St. Joseph's Addiction Recovery Centre (Estevan)**

306 - 637 -2400  
Specialize in Crystal Meth addiction and other addictions.

**Moose Jaw Association for Community Living** 306-692-6943

Strives to ensure that all people with intellectual disabilities are included, involved and valued citizens. They believe in full inclusion in all aspects of life and community.

**Salvation Army Thrift Store**

306 - 692 – 8858

(Clothing and Household Needs)

Sally's Shop (Family Services) 306 - 692 - 5898 - If you are having difficulty making it to the next cheque and need some items to help you make it through, they offer a variety of food, personal needs and house supplies in small, affordable amounts.

**Moose Jaw Pride**

306-692-3388

Peer Support, Advocacy, **Warming Centre** for people to drop in and have a drink and snack. The centre provides clothing, personal hygiene kits, books and phone and internet access. 345 Main St. N. Moose Jaw  
Hours open: 10:00 a.m. - 6:00 p. m.

**Rainbow Retro Thrift Shop**  
(Clothing and Household Needs) 306 - 692 - 4242

**Career and Employment Services** (Saskjobs.ca)

1 - 833 - 613 - 0485

**Social Services Client**

**Service Centre**

1 - 866 - 221 - 5200

(Applying for social assistance and other information.)

**Saskatchewan Rental Supplement**

306-787 - 4723

A monthly payment that helps families with low to moderate income and individuals with disabilities, access quality and affordable rental housing.

Provides assistance to families with lower incomes who have children. It is a monthly payment that supplements income from a job, farming, self-employment, or from child or spousal support.

**Saskatchewan Assured Income Disability (SAID)**

1-888-567-SAID (7243)

An income support program for people with significant and enduring disabilities. Call the Social Services Client Service Centre (above) or talk to your Income worker regarding this program.

**Employment Insurance**

**(Moose Jaw Canada Service Centre)**

1 - 800 - 529 - 3742

Provides regular benefits to individuals who lose their jobs through no fault of their own, i.e., shortage of work, seasonal or mass layoffs, and are available for and able to work but can't find a job. There are specific requirements to be eligible for EI.

**Saskatchewan Employment Supplement**

306 - 787 - 4723