

# You Are Not Alone

<p><b>Mental Health &amp; Addiction Services</b>  <b>Centralized Intake:</b>  (306) 752-8767</p>	<p><b>Problem Gambling Help</b>  1 800 306 6789  Mental Health &amp; Addiction Services  1 306 752-8767</p>
<p><b>Detox &amp; Inpatient Treatment</b>  <b>Information</b>  1 306 752-8767</p>	<p><b>Saskatchewan HIV/AIDS Hotline</b>  1 800 667-6876</p>
<p><b>North East Outreach &amp; Support</b>  <b>Services</b>  24 Hour Crisis Line: 1 306 752-9455  Toll Free: 1 800 611-6349  <a href="http://www.northeastoutreach.ca">www.northeastoutreach.ca</a></p>	<p><b>OUTSaskatoon</b>  <b>Queer &amp; Trans Friendly</b>  <a href="http://www.outsaskatoon.ca">www.outsaskatoon.ca</a>  1 306 665-1224</p>
<p><b>Legal Aid</b>  1 877 424-1907  306 752-6220</p>	<p><b>Farm Stress Line</b>  1 800 667-4442</p>
<p><b>RCMP Office</b>  Your Community Detachment #:  <u>005-5550</u></p>	<p><b>Victim Services</b>  <b>Through Your Local RCMP Detachment</b></p>
<p><b>Emergency</b>  <b>911</b></p>	<p><b>Kids Help Phone:</b>  1 800 668-6868  <a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a></p>
<p><b>Ministry of Social Services</b>  1 800 487-8640  306 752-6100</p>	<p><b>AbuseLine/Sexual Assault Line</b>  <b>(Child)</b>  1 800 422-4453</p>
<p><b>Bridgepoint Centre for Eating</b>  <b>Disorders</b>  1 306 953-2240  <a href="http://www.bridgepointcenter.ca">www.bridgepointcenter.ca</a></p>	<p><b>Catholic Family Services</b>  1 306 922-3202</p>
<p><b>Indian Residential School White</b>  <b>Haven Healing Centre</b>  1 306 332-2655</p>	<p><b>Pregnancy Help Line</b>  1 800 665-0570</p>
<p><b>First Nations &amp; Inuit Hope for</b>  <b>Wellness Helpline</b>  1 855 242-3310</p>	<p><b>Healthline</b>  <b>811</b>  <b>Translators Available in 100 Different Languages</b>  <b>Counsellors Available 24 Hours a Day</b></p>