

## Resources for young people in Saskatchewan

### Government of Saskatchewan

- Saskatchewan has programs to assist children and youth who have been exposed to interpersonal violence or abuse, with a goal of preventing them from becoming victims or perpetrators of violence and abuse in the future.
- [saskatchewan.ca/residents/justice-crime-and-the-law/child-protection/children-exposed-to-violence](https://saskatchewan.ca/residents/justice-crime-and-the-law/child-protection/children-exposed-to-violence)

### Saskatchewan Healthline

- HealthLine 811 is a confidential, 24-hour health and mental health and addictions advice, education and support telephone line available to the people of Saskatchewan. It is staffed by experienced and specially trained Registered Nurses, Registered Psychiatric Nurses, and Registered Social Workers.
- [saskatchewan.ca/residents/health/accessing-health-care-services/healthline](https://saskatchewan.ca/residents/health/accessing-health-care-services/healthline)
- ☎ 811 or 1-877-800-0002 for Healthline 811. Call 1-800-855-0511 for individuals deaf and hard of hearing.

### Counselling Connect Saskatchewan (Family Service Saskatchewan)

- Program delivered through a partnership of member agencies in communities across Saskatchewan. No waiting list and no cost.
- 👥 Serves children and youth 6-17 years old.
- [counsellingconnectsask.ca](https://counsellingconnectsask.ca)

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### 211 Saskatchewan

- Has a database of local social and other services across the province. Help over the phone is available in over 175 languages, including 17 Indigenous languages.
- [sk.211.ca](https://sk.211.ca)
- 211 (call or text)

### Regina

#### Regina + Area Sexual Assault Centre

- Free counselling services for age 5+ who have experienced sexual violence. A 24-hour crisis line to talk to someone and receive support. Series of educational workshops.
- [reginalsexualassaultcentre.ca/what-we-offer](https://reginalsexualassaultcentre.ca/what-we-offer)
- 306-352-0434 or toll free 1-844-952-0434

### Saskatoon




#### Saskatoon Sexual Assault & Information Centre

- Offers individual and group counselling services to all survivors of sexualized violence, their families, and other support / service providers. Sexualized violence education and services are provided in the community to raise awareness, reduce stigmatization, and influence social and systemic change. Also offers services to youth 12+. Available 24/7.
- [ssaic.ca/get-help](https://ssaic.ca/get-help)
- 304-244-2224

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### **Battlefords**

#### **Battlefords & Area Sexual Assault Centre**

-  Provides free and confidential services to survivors of sexual assault as well as community supports. Includes 1-to-1 counselling, hospital and court orientation support, information, education, and general advocacy.
-  [basac.ca/services](https://basac.ca/services)
-  306-445-0055