

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.

Abuse Help Lines

EMERGENCY SERVICES911

HELP LINES

- * 24 Hour Abuse Line1-800-214-7083
- * Kids Help Phone (24 hrs)1-800-668-6868
Ministry of Social Services
Yorkton1-877-786-3288/786-1300
- * NE Crisis Centre (Melfort) (24 hrs)752-9455

SAFE SHELTERS

- * Qu'Appelle Haven (24 hrs)1-888-332-7233/332-6881
- * Shelwin House (Yorkton) (24 hrs)1-888-783-3111/783-7233
Yorkton Project Safe Haven (24 hrs)1-877-444-2836/782-0676

OUT OF TOWN - REGINA

- * Isabel Johnson Shelter (24 hrs)525-2141
- * Regina Transition House (24 hrs)569-2292
- * SOFIA House - 2nd Stage Housing565-2537
- * WISH Safe House (24 hrs)543-0493

OUT OF TOWN - SASKATOON

- Adelle House (2nd Stage)668-2761
- Crisis Nursery (24 hrs)242-2433
- Infinity House955-2332
- * Salvation Army Men's Shelter244-6280
- * Saskatoon Interval House (24 hrs)244-0185
- * Tamara's House683-8667
- * YWCA Saskatoon (24 hrs)244-2844

COUNSELLING & SUPPORT SERVICES

- * Farm Stress Line1-800-667-4442
- * Hudson Bay and District Crisis Centre (24 hrs)865-3064
call no charge ...1-800-611-6349
- Parkland Victim Services786-2408
- The Family Violence Program through SIGN782-0673
- Yorkton Mental Health786-0558
- Alternatives to Men Violent to their Partners
- Crossroads for Women
- * Yorkton Sexual Assault Counselling Program783-9409

* 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