

# 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, legal support, financial assistance and support groups 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

### HELP LINES

- \* Abused Women's Info Line (24 hrs) .....1-888-338-0880
- Battlefords & Area Sexual Assault Centre (24 hrs) ....446-4444  
or 1-866-567-0055
- Crisis Line - North East (24 hrs) .....752-9455  
or 1-800-611-6349
- \* Kids Help Phone (24 hrs) .....1-800-668-6868
- Ministry of Social Services  
Child Protection Intake Line .....933-6077
- Prince Albert Sexual Assault Centre (24 hrs) .....764-1039
- \* Saskatoon Mobile Crisis Line (24 hrs) .....933-6200
- \* Saskatoon Sexual Assault Centre (24 hrs) .....244-2224

### SAFE SHELTERS

- Adelle House (2nd Stage) .....668-2761
- \* Battlefords Interval House (24 hrs) .....445-2742
- Crisis Nursery (24 hrs) .....242-2433
- \* Prince Albert Safe Shelter for Women (24 hrs) .....764-7233
- \* Salvation Army Men's Shelter .....244-6280
- \* Saskatoon Interval House (24 hrs) .....244-0185
- \* YWCA Saskatoon (24 hrs) .....244-2844

### COUNSELLING & SUPPORT SERVICES

- Alternatives to Violence for Men & Women .....655-8989
- \* Catholic Family Services .....244-7773
- Citizens Against Family Violence.....Hanley 544-2853
- \* EGADZ Youth Centre (cell 221-3719).....Saskatoon 931-6644
- \* Family Service Saskatoon.....244-0127  
Domestic Abuse Program  
Program for children exposed to violence
- Ministry of Social Services .....933-5961
- RespectED - Abuse Prevention Education .....668-0720
- \* Rosthern Community Services .....232-6001
- \* Rural Family Support Centre.....Humboldt 682-4135
- Saskatoon Health Region - Humboldt Office .....682-5333
- Saskatoon Victim Services .....975-8400
- \* Tamara's House (Sexual Abuse Counselling) .....683-8667
- Wakaw Community Services .....233-4363

\* These agencies **do not** subscribe to Call 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)