

## **Help Lines/Information**

### **[Income Assistance](#)**

**All applications start with the Contact Centre**

**Bus: (306)798-0660**

**Fax: (306)798-4040**

**Toll Free: 1-866-221-5200**

### **[Saskatoon Mobile Crisis](#)**

**Mobile Crisis Service is open to all individuals and is a service without fees.**

**Caring Crisis Workers, with the professional skills needed to respond effectively to a variety of crises, provide service to the Saskatoon community around the clock. They assess and plan responses to dozens of complex and high-risk calls ranging from domestic violence to suicide prevention to child abuse and more.**

**Phone: 306-933-6200**

### **[Prince Albert Mobile Crisis](#)**

**306-764-1011**

### **[Regina Mobile Crisis](#)**

**306-757-0127**

### **[Regina Crisis/Suicide Information Line](#)**

**306-525-5333**

### **[Saskatoon Sexual Assault Centre-Crisis Line \(24 hours\)](#)**

**If you are in danger or require emergency assistance, dial 911.**

**If you are in crisis because of a sexual assault-related issue, call our 24-hour Sexual Assault Crisis Line**

**1-306-244-2224**

### **[Regina Sexual Assault Line \(24 hours\)](#)**

**1-306-352-0434**

### **[Prince Albert Sexual Assault Centre](#)**

**1-306-764-1039**

### **[Sexual Assault Services of Saskatchewan](#)**

**1-306-757-194**

[AIDS Information Line](#)

**1-800-667-6876**

[Farm Stress Line](#)

**1-800-667-4442**

[Gay & Lesbian Health Services/Support](#)

**1-306-665-1224 or 1-800-358-1833**

[Kids Help Phone](#)

**1-800-668-6868**

[PLEA- Legal information for everyone](#)

The purpose of each PLEA resource is to provide the public with an introduction to a particular area of law. The information PLEA provides is about laws specific to Saskatchewan and Canada. These resources are intended to provide general legal information only and should not form the basis of legal advice of any kind.

**1-306-653-1868**

[Bridgepoint Center for Eating Disorders](#)

**1-306-935-2240**

[Sexual Health Centre \(Saskatoon\)](#)

**1-306-244-7989**

[Health Line](#)

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.

HealthLine 811 is free. Services are offered in English, with translation available in over 100 languages.

**8-1-1**

[Universal Emergencies](#)

**9-1-1**

[Poison Control](#)

Call for emergency treatment advice for people exposed to all kinds of poisons including: Drugs; Plants; Mushrooms; Pesticides; Snake and spider bites; and Household cleaners and chemicals. This confidential service is available 24 hours a day, 7 days a week, all year round.

You will receive immediate assessment and treatment recommendations for poison and chemical emergencies by specially-trained poison experts.

You will talk to a real person providing expert advice, information, follow-up, and reassurance.

**1-866-454-1212**

### **[211 Saskatchewan](#)**

**211 Saskatchewan is a free, confidential, 24/7 service that connects individuals to human services in the province by telephone, text, or web chat, plus a searchable website with over 5,000 listings of social, community, non-clinical health, and government services across the province.**

**In addition to searching on the 211 Saskatchewan website, individuals can now call 2-1-1, text 2-1-1 or go online to chat with trained professionals to help find and navigate services they need. This access to community, health and government services is available 24 hours a day, 7 days a week, 365 days a year. Over 175 languages, including 17 Indigenous languages, are available over the phone.**

**2-1-1**