

# ABUSE HELP LINES

## Are you being abused?

It's abuse when someone who should care about you does or says things that hurt you or make you feel afraid, helpless or worthless. Here are only a few examples:

- slapping, hitting, punching, choking, grabbing, shoving, kicking you or your kids, your pets
- threatening you, your kids, friends, family or pets
- hitting, kicking, slamming walls, doors, furniture, possessions
- forcing you to have sex
- calling you names, swearing at you, yelling
- controlling all the money, even money you earn
- blaming you or your kids for everything
- putting you down, making you feel like nothing you do is ever good enough
- treating you like a servant or slave
- controlling where you go, what you do, what you wear
- controlling who you see, who you talk to
- humiliating you in front of other people
- refusing to let you leave the relationship

## Who gets abused?

Women—all ages, races, religions, rich, poor, farm, city—even pregnant women. Men. Infants, kids, youths, seniors. Professionals, employees, people with disabilities, churchgoers, students. Friends, relatives, neighbours. Married, common law, separated, divorced, dating, straight, gay. It could be anyone—even you. No one deserves it.

## What if you are being abused?

It's not your fault. You can't stop the abuse or change the abuser. Only the abuser can. Meanwhile you need support and safety. There are people who care and are ready to listen. Talk to someone you trust. Call the numbers on this page. Keep asking for help until you get it.

## What if someone you know is being abused?

Even for adults, admitting to and breaking free from abuse can be very hard, even dangerous. No one should have to do it alone. If you think an adult is being abused, let them know you care and will listen. Suggest they get help from someone they trust. Show them this page. If you think a child is being abused, call Social Services at 933-6077.

SaskTel is pleased to sponsor the Abuse Help Lines page published by the **Provincial Association of Transition Houses of Saskatchewan**. This information supports SaskTel employees' chosen social cause, which is the prevention of child abuse. SaskTel's provincial social cause partner, the **Saskatchewan Institute on Prevention of Handicaps** (306-655-2512) offers a free "Healthy Parenting Home Study Program" to parents with children five and under. Visit [www.PreventionInstitute.sk.ca](http://www.PreventionInstitute.sk.ca). For details on SaskTel's Social Cause, visit [www.SaskTel.com](http://www.SaskTel.com).

## Crisis Lines/Emergency Numbers

Saskatoon Police Emergency . . . . . 911  
(for RCMP detachments, see other side of page)  
\*Saskatoon Mobile Crisis (24 hrs) . . . . . 933-6200  
\*Saskatoon Sexual Assault Centre (24 hrs) . . . . . 244-2224  
Victim Services . . . . . 975-8400  
\*Farm Stress Line . . . . . 1-800-667-4442

**\*Abused Women's Info Line (24 hrs) . . 1-888-338-0880**  
**\*Kids Help Phone (24 hrs) . . . . . 1-800-668-6868**  
**\*Parents Help Line (24 hrs) . . . . . 1-888-603-9100**

## Free Shelter & Support for Women & Kids

\*Saskatoon Interval House (24 hrs) . . . . . 244-0185  
\*YWCA (24 hrs) . . . . . 244-2844  
\*Family Healing Circle Lodge . . . . . 653-3900  
Crisis Nursery (24 hrs) . . . . . 242-2433  
\*Salvation Army Family Services (also men) . . 242-6833

## Counselling Services/Support Groups

\*EGADZ Youth Centre (cell 221-3719) . . . . . 931-6644  
\*Family Support Centre . . . . . 933-7751  
\*Family Service Saskatoon . . . . . 244-0127  
\*Catholic Family Services . . . . . 244-7773  
\*Tamara's House (Sexual Abuse Survivors) . . . 683-8667  
Elizabeth Fry Society . . . . . 934-4606  
\*Gay & Lesbian Health Service . . . . . 665-1224  
SK Voice of People with Disabilities . . . 1-877-569-3111  
Alternatives: For Men Violent to Partners . . . . 655-8989

## Multicultural Services

Immigrant Women . . . . . 978-6611  
\*Open Door Society . . . . . 653-4464

## Aboriginal Services

\*Saskatoon Indian & Metis Friendship Centre . . 244-0174  
Metis Family & Community Justice Services . . 242-6886  
\*MACSI (Metis Addictions Centre) . . . . . 652-8951  
\*Family Healing Circle Lodge . . . . . 653-3900  
STC Family Centre . . . . . 978-7400

## Provincial Legal Aid Office . . . 1-800-667-3764

\*Saskatchewan Human Rights Commission 1-800-667-9249

*\*These agencies do not subscribe to Call or Name display.*

**If you are abusing someone, there's help for you too. Call one of these services.**

The Provincial Association of Transition Houses of Saskatchewan (PATHS) designed the Hot Peach Pages™ Abuse Help Lines to assist anyone in an abusive situation. The law says when a child witnesses family violence, that's child abuse. Child abuse will not stop until family violence stops. For more information in over 35 languages, see [www.hotpeachpages.org](http://www.hotpeachpages.org)