

Hotlines and Helpers Directory

for Northern Saskatchewan

Emergency Numbers and Hotlines



Emergency Services

- Paramedic Emergency Medical Services
9-1-1
- Crisis (Distress) Centre
(306) 425-4090 (North)/ 1-800-611-6349 (NE)
- First Nations & Inuit Hope for Wellness Help Line
1-855-242-3310
- Mobile Crisis in Prince Albert
(306) 764-1011
- Saskatchewan Poison Centre
1-866-454-1212
- Sexual Assault Hotline in Prince Albert
(306) 764-1039
- The LifeLine Canada (TLC) Suicide Prevention
& Awareness Mobile App
See <http://www.thelifelinecanada.ca>

Women's and Parents' Services

- La Ronge Piwapan Women's Shelter
(306) 425-3900
- Prince Albert Safe Shelter for Women
(306) 764-7233
- Prince Albert YWCA Women's Shelter
(306) 763-8571
- Parent's Helpline
1-800-603-9100
- Pregnancy Crisis Line
(306) 446-4440

Children's Services

- Children Services Offices (Children's Advocate)
1-800-322-7221
- E-counselling for Youth
<http://youthspace.ca/>
- Kid's Help Phone / Teen Line
1-800-668-6868
- Prince Albert Children's Haven
(306) 922-4454

Hotlines

- Provincial Health Line
8-1-1
- Gambling Help Line
1-800-603-6789
- Gay/Lesbian Health Services
1-800-358-1833
- Legal Aid Northern Area Office
(306) 425-4455
- Canadian Mental Health Association SK Division
1-800-461-5483
- Seniors' Hotline Information Centre
1-888-823-2211
- Sexually Transmitted Disease STD Information and Testing Sites
1-800-226-0944
- "Health is Vital" App
See www.nhcp.ca/ for links

Addiction Services – Outpatient Services

Beauval Health Centre
(306) 288-4808

Black Lake
(306) 284-2020

Buffalo Narrows Addiction Services
(306) 235-5846

Creighton CADAC Outpatient Centre
(306) 688-8291

Fond du Lac
(306) 686-2077

Hatchet Lake
(306) 633-2088

La Loche Health Centre
(306) 822-3238

La Ronge Mental Health and Addictions Services
(306) 425-4840

Lac La Ronge Indian Band Prevention and
Recovery Program, LLRIB Health Services
(306) 425-6421

Sandy Bay Outpatient Centre
(306) 754-5425

Child and Family Services (C&FS)

Athabasca Denesuline C&FS (Black Lake)
(306) 739-4999 / (306) 284-4915

Lac La Ronge Indian Band C&FS
(306) 1-866-755-5554 / (306) 425-5511

Meadow Lake C&FS
(306) 236-8240 ext. 237

Montreal Lake C&FS
(306) 663-5095

Peter Ballantyne Cree Nation C&FS
1-800-365-9257 /
(306) 754-4422 (Sandy Bay Office)

Shoal Lake, Red Earth, Cumberland House -
Nechapanuk Centre
1-877-768-2443 / (306) 768-2443

First Nation Treatment Centres

Clearwater River (In-patient)
(306) 822-2033

James Smith Cree Nation - Sakwatamo Lodge
(Family Treatment Centre)
1-877-864-3631 / (306) 864-3631

Sturgeon Lake - White Buffalo Youth Inhalant
Treatment Centre
(306) 764-5250

Residential Rehabilitation Programs

Denare Beach - Freedom Outreach Teen
Challenge
<http://freedomoutreach.weebly.com/>

Ile a la Crosse Native Primary Treatment
(306) 833-2462

La Ronge Adult Social Detox
(306) 425-4846

Prince Albert - Valley Hill Youth Treatment Centre
1-855-764-7644 / (306) 764-2311



Health Services

Athabasca Health Authority

Athabasca Health Facility / Black Lake
Denesuline Health Centre – Nursing Station
(306) 439-2200 / 284-2020

Fond du Lac Denesuline Health Centre – Nursing
Station (PAGC)
(306) 686-2003

Uranium City Health Clinic
(306) 498-2412

Keewatin Yatthé Health Region Area

Hotlines and Helpers in Northern Saskatchewan

Beauval Health Centre
(306) 288-4800

Birch Narrows First Nation Annie Bagg Memorial
Nursing Station (Turnor Lake – MLTC)
(306) 894-2112

Buffalo Narrows Health Centre
(306) 235-5800

Buffalo River Health Centre (MLTC - Dillon)
(306) 282-2132/282-4675 (Wellness Centre)

Canoe Narrows/Lake Health Centre and Nursing
Station
(306) 829-2140

Clearwater River Dene First Nation Health Centre
(MLTC)
(306) 822-2378

English River Health Services (Patuanak – MLTC)
(306) 396-2072

Green Lake Health Centre
(306) 832-6255

Ile a la Crosse – St. Joseph’s Hospital and Health
Centre
(306) 833-2016

La Loche Health Centre and Hospital
(306) 822-3200

Mamawetan Churchill River Health Region Area

Creighton Health Centre
(306) 688-8620

Deschambault Lake Health Centre (PBCN)
(306) 632-2106

Hatchet Lake Health Centre
(306) 633-2167

Lac La Ronge Indian Health Services - Jeannie
Bird Clinic
(306) 425-3600

La Ronge Health Centre
(306) 425-2422

La Ronge Medical Clinic
(306) 425-2174

Montreal Lake Health Centre – William Charles
Health Centre (MLCN – PAGC)
(306) 663-5995

Pelican Narrows (PBCN) - Angelique Canada
Health Centre
(306) 632-2046

Pinehouse Health Centre
(306) 884-5670

Sandy Bay Health Centre
(306) 754-5400

Sandy Bay Mental Health
(306) 754-5404

Southend (PBCN) - Arthur Morin Memorial Health
Centre
(306) 758-2063

Stanley Mission Health Centre
(306) 635-2090

Kelsey Trail Health Region Area

Cumberland House Health Centre
(306) 888-2244

Cumberland House Health Centre (Reserve –
PAGC)
(306) 888-4778



Aboriginal Friendship Centres

Buffalo Narrows Friendship Centre
(306) 833-2313

Ile a la Crosse
(306) 833-2313

La Loche Friendship Centre
(306) 822-2606

La Ronge - Kikinahk Friendship Centre
(306) 425-2051

RCMP and North Sask Victim Services

Beauval
(306) 288-6400
North Sask Victim Services (306) 288-6406

Birch Narrows/Turnor Lake
(306) 894-4420

Black Lake (Chicken Indian Reserve)
(306) 439-2185
North Sask Victim Services (306) 439-2090

Buffalo Narrows & Buffalo River Dene Nation
(Dillon)
(306) 235-6660
North Sask Victim Services (306) 235-4910

Canoe Lake
(306) 829-5670
North Sask Victim Services (306) 829-5673

Creighton
(306) 688-8888
North Sask Victim Services (306) 688-8201

Cumberland House
(306) 888-5550
North East Regional Victim Services
(306) 862-6279

Deschambault Lake
(306) 632-2392

English River First Nation
(306) 288-6400
North Sask Victim Services (306) 288-6406

Fond Du Lac
(306) 686-2060
North Sask Victim Services (306) 686-2060

Green Lake
(306) 832-4810

Hatchet Lake Denesuline Nation
(306) 633-1200

Ile a la Crosse
(306) 833-6300
North Sask Victim Services (306) 833-6309

La Loche
(306) 822-2010
North Sask Victim Services (306) 822-1888

La Ronge & Lac La Ronge Indian Band
(306) 425-6730
North Sask Victim Services (306) 425-4378

Montreal Lake Cree Nation
(306) 663-4400 (Waskesiu)

Northeast Regional Victim Services
(306) 878-3819

Pelican Narrows
(306) 632-3300
North Sask Victim Services (306) 632-3308

Pinehouse
(306) 884-2400
North Sask Victim Services (306) 884-2406

Sandy Bay
(306) 754-4600
North Sask Victim Services (306) 754-4606

Southend
(306) 758-5670
North Sask Victim Services (306) 758-5676

Stanley Mission
(306) 635-2390

Stony Rapids
(306) 439-2185
North Sask Victim Services (306) 439-2090

Wollaston Lake
(306) 633-1200



For copies, updates to this Directory or other inquiries, contact:

Email to embracinglifesk@gmail.com

Copies are available online:
www.embracinglifesk.com

Updated: April 2, 2019