

***Helpful Hints
Silence Can Hurt***

If you or someone you know:

- Appears depressed, withdrawn or hopeless
 - Talks about self-harm
- Shows changes in behavior, appearance, mood or gives away personal possessions
- Is concerned about pregnancy or STD's
 - Abuses alcohol or drugs
 - Shows signs of physical or emotional abuse
- Is confused about sexuality

You Can Help:

- Listen carefully
- Let them talk and express their feelings
 - Spend time with them

Be accepting

- Take threats seriously
- Offer assistance and that you may need to call for help
 - Suggest the individual seek professional assistance

Get Help - Tell Someone

Your family, elder, a friend, your doctor, teacher, counselor or crisis line

La Ronge & Area Help Lines

Emergency: 911

Kids Help Line (24 hrs)

1-800-668-6868

Live Chat: www.kidshelpphone.ca

Crisis Line (24 hrs)

Collect calls accepted

306-425-4090

Health Line: 811

First Nation's Inuit

Hope for Wellness Help Line

1-855-242-3310

Child Protection - ICFS

306-425-5511 or Toll Free: 1-866-755-5554

RCMP: 306-425-6730

Health & Wellness

Prevention & Recovery

(Monday to Friday: 8:00 am - 4:30 pm)

306-425-9109 or Toll Free 1-877-425-3450

Jeannie Bird Clinic

(Monday to Friday: 8:00 am - 4:30 pm)

306-425-3600 or Toll Free: 1-877-425-3443