

## WOODLAND WELLNESS CENTRE INFORMATION

Business	Phone Numbers
<b>Emergency</b>	911
<b>RCMP</b>	306-425-6730
<b>Kids Help Phone 24hr</b>	1-800-668-6868 TXT: 686868 www.Kidshelpphone.ca
<b>Woodland Wellness Centre (Mon – Fri 8:00am-4:30pm) Closed Stat Holiday's</b>	306-425-9109 Cell 306-425-9518
<b>Child Protection Services -ICFS Toll Free:</b>	306-425-5511 1-866-755-5554
<b>La Ronge Crisis Line (Collect calls accepted)</b>	1-306-425-4090
<b>Piwapan Women's Center</b>	1-306-425-3900
<b>La Ronge Victim Services</b>	306-425-4378
<b>La Ronge Health Centre Mental Health &amp; Addictions Mon – Fri 8:00am – 5:00pm (After hrs Directed to Emergency Dept.)</b>	306-425-2422      Ext.1130
<b>Narcotics Anonymous Easy Does It, Zoom (La Ronge) Fridays @ 8PM (Open 24hr 365 days a year)</b>	1-306-652-5216 <a href="https://csana.ca/">https://csana.ca/</a> Meeting ID 669 684 001 Password: 669 684 001
<b>Alcoholics Anonymous La Ronge meetings</b>	<a href="https://aasask.org/meeting-selection">https://aasask.org/meeting-selection</a>
<b>Crisis Service Canada</b>	1-833-456-4566 TXT: 45645
<b>24 hr Crisis line</b>	1-800-567-3334
<b>First Nations Inuit Hope for Wellness Helpline</b>	1-855-242-3310
<b>Online Chat:</b>	Hopeforwellness.ca
<b>Saskatchewan Health &amp; Mental Health line:</b>	811
<b>NIHB Mental Health Counselling Press #4</b>	1-866-885-3933
<b>Prince Albert Mobile Crisis Unit :</b>	1-306-764-1011
<b>Prince Albert Sexual Assault Line:</b>	1-306-764-1039
<b>Indian Residential School Line</b>	1-866-925-4419
<b>MMIWG 24/7 Support Line:</b>	1-844-413-6649
<b>Wellness Together Canada Provides Immediate crisis/substance use support 24/7 (Open 365 days a year)</b>	Adults: Text <b>WELLNESS</b> to 741741 Frontline Workers: Text <b>FRONTLINE</b> to 41741 <a href="https://ca.portal.gs">https://ca.portal.gs</a>