

***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- Appears depressed, withdrawn or hopeless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](http://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**