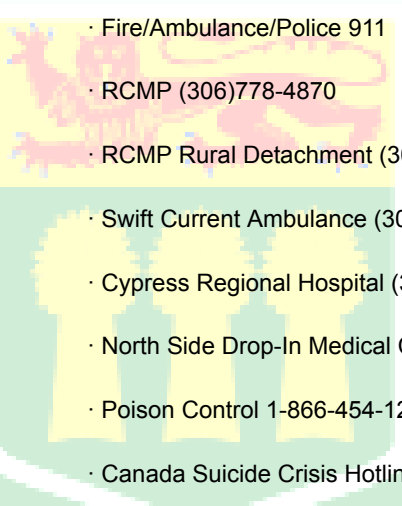


Emergency Contacts:

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- Fire/Ambulance/Police 911
 - RCMP (306)778-4870
 - RCMP Rural Detachment (306)778-5550
 - Swift Current Ambulance (306)773-2666
 - Cypress Regional Hospital (306)778-9400
 - North Side Drop-In Medical Clinic (306)773-9100
 - Poison Control 1-866-454-1212
 - Canada Suicide Crisis Hotline 988
 - Saskatchewan Health Line 811

Transportation:

- Swift & Access Transit 1-833-526-5299 ext. 1

Counseling:

- SHA Mental Health & Addiction Services Intake
1-877-329-0005
- The Center Counseling (306)773-3344
- Fresh Start Counseling (En Route) (306)773-8168
- Southwest Crisis Services (306)778-3386
- Grasslands Mediation (306)773-5063

Food Security:

- Salvation Army (Food Bank, Wednesday Meal)
(306)778-0515
- The Center (Youth Meals Wednesday & Thursday)
(306)773-3344
- Swift Current Community Fridge Facebook page
- Dorie's House (Emergency groceries ages 16-17)
(306)773-8937
- Canadian Mental Health (Must be a member)
(306)778-2440
- Home Care Services (Meals on Wheels) (306)778-9531
- MyCityCare SC (Emergency food hampers)
(306)741-5181 or Tom@mycitycare.ca

City of Swift Current:

- City of Swift Current (306)778-2777
- Art Gallery (306)778-2736
- Swift Current Branch Library (306)778-2752
- Museum (306)778-2775

Legal Services:

- Legal Aid Saskatchewan (306)778-8272 or
1-877-424-1905
- Free Legal Clinic 1-855-833-7527
- Sexual Violence Free Legal Information
1-855-258-9415 or text (306)500-6430

SouthWest Community Resource Directory

***“The greatness of a
community is most
accurately measured by
the compassionate
actions of its members.”
Coretta Scott King***

Saskatchewan Health Authority:

- Breastfeeding Support (306) 778-5280
- Behavioral Health Consultant (306) 778-5280
- Chronic Disease Management & Healthy Living (306)778-5280
- Community Health Services (306)778-5280
- Dental Health Educator (306)778-5299
- Diabetes Management Education (306)778-5280
- Dieticians/Nutritionists (306)778-5280
- Immunizations (306)778-5280
- Infection Control Team (306)778-5280
- Lactation Consultant (306)778-5291
- Living Well with Chronic Conditions/Pain (306) 774-4121
- Midwifery Program (306)778-5118 or 1-877-401-8071
- Palliative Care Coordinator (306)750-9379
- Pediatric Health & Development Team (306)778-9449
- Postnatal Services (306)778-5280 or 1-866-786-2510
- Prenatal Services (306)778-5280
- Psychology, Early Childhood (306)778-5280
- Public Health Nurse (306)778-5280

Support Services:

- Abuse Hotline (24-hr) 1-800-214-7083
- Acquired Brain Injury Program (306)778-5290
- Adoption Support Centre 1-866-869-2727
- Al-Anon Family Group 1-888-425-2666
- Alcoholics Anonymous (AA) (306)773-7494
- Alzheimer Society of Saskatchewan (306)673-2685 or 1-800-263-3367
- Autism Spectrum Disorder Program (306)778-5135
- Breastfeeding Support (306)778-5291
- Canadian Mental Health Association (CMHS) (306)778-2440
- Child Abuse Reporting/Inquiries 1-844-787-3760
- Child & Family Services (306)778-8668
- Child Care Subsidy 1-800-667-7155

- Child Protection Services (306)778-8219
- Child Tax Benefit 1-800-387-1193
- Children's Advocate 1-800-322-7221
- Children's Outreach (306)778-3386
- Cognitive Disability Strategy (306)778-8438
- Community Corrections (306)778-8236
- Community Living (306)778-8219
- Daycare Subsidy (Child Care Subsidy) 1-800-667-7155
- Diabetes Education & Counseling (306)778-5118
- Dieticians/Nutritionists (306)778-5416 or 778-5448
- Domestic Violence Hotline 1-800-799-7223
- Dorie's House (Youth Shelter & Treatment Centre) (306)773-8937
- Drug Plan & Extended Benefits Program 1-800-667-7581
- Early Childhood Intervention Program (306)773-3600
- Employment Supplement 1-888-488-6385
- English Classes, Great Plains College (306)778-5477
- Family Resource Centre (306)773-6160
- Farm Stress Line 1-800-667-4442
- Fetal Alcohol Spectrum Disorder (FASD) 1-866-673-3276
- Financial Aid, Social Assistance (306)778-8219 or 1-866-221-5200
- Foster Families Association 1-800-667-7002
- Gamblers Anonymous 1-855-781-9522
- Gambling, Problem Gambling Help Line 1-800-306-6789
- Gay & Lesbian Health Services 1-800-358-1833
- Kids Help Phone / Teen Line 1-800-668-6868 or text 686868
- Highway Hotline 1-888-335-7623
- Swift Current Housing Authority (Affordable Housing) (306)778-3218
- Human Trafficking Hotline 1-833-900-1010
- LGBTQ2S+ (Southwest SK PRIDE) 1-888-453-7823
- Men's Outreach (306)778-3386
- Mentoring for Children & Youth (The Center) (306)773-3344
- Military Veterans Suicide Hotline 1-800-273-8255 (Press 1)
- Missing & Murdered Indigenous Women & Girls 1-833-529-6486

- Mothers at Risk Hotline 1-877-327-4636
- MyCityCare Program (306)741-5181 or Tom@mycitycare.ca
- Narcotics Anonymous 1-877-463-3537
- Overeaters Anonymous (306)774-5749
- Palliative Care Coordinator (306)750-9379
- Parenting Programs, Family Resource Centre (306)773-6160
- Safe Shelter (Women & Children) (306)778-3386
- Salvation Army (306)778-0515
- SaskAbilities (Program information below) 1-833-526-5299
- Saskatchewan Voice of People with Disabilities 1-877-569-3111
- Seniors Income Plan 1-800-667-7161
- Sexual Assault Services (306)778-3386 or 1-888-338-0880
- Smokers Helpline 1-877-513-5333
- Social Assistance (306)778-8219 or 1-866-221-5200
- Social Services (306)778-8219
- Southwest Crisis Services (306)778-3386 or 1-800-567-3334
- Southwest Newcomer Welcome Centre (306)778-6262

- Southwest SK PRIDE 1-888-453-7823
- Special Olympics (306)778-3706
- Substance Abuse Intake 1-877-329-0005
- Suicide Hotline 1-833-456-4566
- The Center (SC Community Youth Initiative) (306)773-3344
- Trans Lifeline 1-877-330-6366
- Victim Services (306)778-4898 or 778-6565
- Victim Services (Rural) (306)778-6565
- Wellness Together Canada 1-888-668-6810
- Women's Outreach (306)778-3386

SaskAbilities: 1-833-526-5299

- Social Leisure Youth Program (SLYP-Out)
- Supported Independent Living Program (SILP)
- SaskAbilities Partners in Employment
- Family & Caregiver support networking
- Summer Fun