

Supportive Spaces / Drop-In Supports

HOMEBASE

Phone: (306) 694-5554

Email: homebase@regina.ymca.ca

Address: 52 High Street W, Moose Jaw

A youth hub for ages 12–25 offering mental health support, peer support, cultural supports, job help, wellness programs, snacks, free Wi-Fi, and a safe drop-in space.

Joe's Place Youth Centre

Phone: (306) 693-5637

Address: 402 Main St N, Moose Jaw

A free youth drop-in centre where youth can connect, play games, access support, eat meals, and participate in activities in a welcoming environment.

Moose Jaw Family Services Inc.

Phone: (306) 694-8133

Email: contact@mjfamilyservices.ca **Address:** 200 Main St S, Moose Jaw

Provides counselling, youth programs, family support, parenting support, and healthy relationship education for youth and families.

Salvation Army Community & Family Services

Phone: (306) 692-5899

Address: 175 1 Ave NE, Moose Jaw

Provides food assistance, emergency support, practical needs, family services, and community support programs.

Moose Jaw & District Food Bank Inc

Phone: (306) 692-2911

Address: 270 Fairford St W, Moose Jaw

Provides emergency food hampers and food security support for individuals, youth, and families in need.

Hotlines

HealthLine Saskatchewan

Phone: 811

24/7 confidential health, mental health, and addictions support line with nurses and counsellors available anytime.

Kids Help Phone

Phone: 1-800-668-6868 **Text:** CONNECT to 686868 (Dedicated entirely to youth under 25)
Free 24/7 confidential support for youth experiencing stress, anxiety, crisis, or emotional struggles.

988 Suicide Crisis Helpline

Phone/Text: 988
24/7 crisis and suicide support available across Canada.

211 Saskatchewan (Community Resource Finder)

Phone/Text: Dial or text 2-1-1
Connects users instantly to local programs, food banks, shelters, and youth networks across the province.

Saskatchewan Farm Stress Line (Rural & Youth Isolation Support)

Phone: 1-800-667-4442
24/7 confidential counseling for individuals and youth living in rural areas or agricultural communities facing extreme stress

Health

Canadian Mental Health Association - Moose Jaw Branch

Phone: (306) 692-4240
Website: [CMHA Moose Jaw](#)
Address: 326 High St W, Moose Jaw
Offers mental health education, wellness programs, community support, and referrals to additional services.

Moose Jaw Family Wellness Centre (Mental Health and Addictions Child and Youth Services)

Phone: (306) 691-2341/ (306) 691-2340
Address: 1000A-B Albert St, Moose Jaw
Provides child and youth mental health services, addictions support, counselling, and wellness services.

HOMEBASE

Phone: 306-694-5554

Address: Located directly inside HOMEBASE at 52 High Street West
Dedicated youth clinic partnering with nurse practitioners to provide confidential health care, prescriptions, and medical checkups.

Moose Jaw Psychology Services

Address: 15 Lancaster Rd #3, Moose Jaw, SK S6J 1G8 **Phone:** [\(306\) 313-5686](tel:3063135686)

Services offers evidence-based psychological counselling and assessment services for children, adolescents and adults in Moose Jaw.

Moose Jaw Public Health

Phone: (306) 691-2787 **Address:** 1000 Albert Street, Moose Jaw, SK S6H 2Y2

Provides immunizations, sexual health services, pregnancy and parenting support, health education, and community wellness programs for youth and families.

Public Health Services – Moose Jaw

Phone: (306) 691-2300

Provides immunizations, sexual health education, harm reduction information, pregnancy support, and health promotion services for youth and families.

Substance Use & Addictions

Moose Jaw Family Wellness Centre

Phone: (306) 691-2341

Offers addictions counselling, mental health support, and referrals for youth and families.

HOMEBASE

Phone: (306) 694-5554 **Email:** homebase@regina.ymca.ca

Supports youth with addictions, mental health, peer support, and referrals in a youth-friendly environment.

Thunder Creek Rehabilitation

Phone: (306) 972-4444 **Email:** tcra@sasktel.net **Address** 206 Coteau St E
Moose Jaw, SK S6H 4T7

Provides mental health, addiction recovery, detox, and supportive housing services for youth and adults experiencing mental health or substance use challenges

Trafficked & Exploited Youth

The Canadian Human Trafficking Hotline

Phone: 1-833-900-1010 (Call or Text)

Address: National Hotline / No public physical walk-in office.

Free, completely confidential 24/7 national line to get emergency safety help, explore secure shelter options, or report tips safely.

Moose Jaw Police Service (Direct Protection)

Phone: 306-694-7600 (Non-Emergency Line) / Emergency Services for immediate danger.

Address: [21 Fairford Street West, Moose Jaw, SK](#)

Local law enforcement officers trained to intervene directly, protect youth from exploitative situations, and work alongside local victim services.

Ministry of Social Services (Child & Youth Protection Intake)

Phone: 1-844-787-3760 (Saskatchewan General Child Protection Line)

Address: 36 Progress Crescent, Moose Jaw, SK

Immediate local casework support and crisis shelter placement assistance for any youth under the age of 18 facing severe abuse or exploitation

LOVE 146 /HOMEBASE

www.love146.org / **Phone:** (306) 694-5554

Love146 works to end child trafficking –can be contacted if you believe you or someone you know is being trafficked or may be at-risk of trafficking.

YMCA International

Phone: 713.339.9015 **Website:** www.ymcahouston.org

YMCA International provides connections to shelters, case management and other services for victims of human trafficking.

Dating Violence / Sexual Violence / Exploitation Supports

Moose Jaw Transition House

Phone: (306) 693-6511/**Crisis Line:** (306) 693-6511

Provides support, safety planning, shelter referrals, and crisis support for individuals experiencing abuse or unsafe relationships.

Moose Jaw Family Services Inc.

Phone: (306) 694-8133 **Hours:**

Website: Moose Jaw Family Services

Address: 200 Main St S, Moose Jaw

Provides counselling, youth programs, family support, parenting support, and healthy relationship education for youth and families.

Regina Sexual Assault Centre

24-Hour Crisis Line: 1-844-952-0434 **Website:** Regina Sexual Assault Centre

Provides support for survivors of sexual violence, trafficking, exploitation, and abuse, including counselling and crisis services for Moose Jaw youth.

2SLGBTQ+

HOMEBASE/GSA

Phone: (306) 694-5554

GSA is a safe and welcoming space for ALL, no matter your gender identity or sexual orientation.

AIDS Programs South Saskatchewan (Regina)

Phone: 1-877-210-7623

Offers STBBI testing, counselling and harm reduction programs.

LGBTQ YouthLine

Phone: 1-800-268-9688

Peer support, texting, and resources for 2SLGBTQ+ youth across Canada.

Trans Lifeline

Phone: 1-877-330-6366

Peer-led support line run by and for trans people.

