

A Guide to Resources for Youth in Regina

SUPPORTIVE SPACES / DROP-IN SUPPORTS

HOMEBASE – YWCA REGINA

Phone: 306-525-2141

Mental Health: 306-525-2141 ext. 308

Peer Support: 306-525-2141 ext. 305

Address: 2817 12th Avenue, Regina

Website: www.ywcaregina.ca/homebase

A free, youth-focused space for ages 12–25. Youth can access mental health support, peer support, community connections, snacks, Wi-Fi, computers, and other resources in a safe and welcoming environment. Both walk-in and scheduled services are available.

YMCA OF REGINA

Phone: 306-757-9622

Address: 3801B Albert Street, Regina

Website: www.regina.ymca.ca

Provides youth and community programs that support personal development, healthy relationships, mental wellness, life skills, mentorship, and connection to community supports.

STREET CULTURE PROJECT

Phone: 306-565-6206

Address: 2425 13th Avenue, Regina

Website: www.streetcultureproject.com

Provides a drop-in space, group programming, mentorship, and individualized mental health, substance use, and wellness support.

HOTLINES

211 SASKATCHEWAN

Call or Text: 211

Website: www.sk.211.ca

A free and confidential service that connects people with local resources including shelters, food, counselling, mental health supports, victim services, safety planning, cultural supports, and programs for youth and adults. If you do not know where to start, call or text 211.

HEALTHLINE SASKATCHEWAN

Call: 811

Website: www.saskatchewan.ca/healthline

Provides free, confidential, 24/7 health, mental health, addictions, and wellness information and support. HealthLine can also connect individuals with appropriate services and resources.

KIDS HELP PHONE

Call: 1-800-668-6868

Text: CONNECT to 686868

Website: www.kidshelpphone.ca

Free, confidential, 24/7 support for youth across Canada. Youth can connect with trained crisis responders, professional counsellors, and other mental health resources.

988 SUICIDE CRISIS HELPLINE

Call or Text: 988

Website: www.988.ca

Free, confidential, 24/7 crisis support for anyone in Canada experiencing suicidal thoughts, emotional distress, or concerns about someone else.

MOBILE CRISIS

Phone: 306-757-0127

Website: www.mobilecrisis.ca

Provides 24/7 crisis support for people experiencing a mental health crisis or emotional distress in Regina.

REGINA CRISIS / SUICIDE LINE

Phone: 306-525-5333

Provides 24-hour crisis and emotional support.

FIRST NATIONS AND INUIT HOPE FOR WELLNESS

Phone: 1-855-242-3310

Website: www.hopeforwellness.ca

Provides 24/7 culturally relevant counselling and crisis intervention for First Nations, Inuit, and Indigenous people across Canada. Online chat support is also available.

HEALTH & MENTAL HEALTH

HOMEBASE – YWCA REGINA

Phone: 306-525-2141

Website: www.ywcaregina.ca/homebase

Youth ages 12–25 can access mental health support, peer support, and connections to other community resources in a youth-friendly environment.

REGINA SEXUAL ASSAULT CENTRE

24-Hour Crisis / Information Line: 306-352-0434

Toll-Free: 1-844-952-0434

Office: 306-522-2777

Address: 1040 Winnipeg Street, Regina

Website: www.reginasexualassaultcentre.ca

Provides crisis support, counselling, advocacy, information, and referrals for people impacted by sexual violence.

HEALTHLINE SASKATCHEWAN

Call: 811

Website: www.saskatchewan.ca/healthline

Provides free, confidential health information, mental health and addictions support, and referrals to appropriate services.

REGINA PUBLIC HEALTH

Phone: 811

Website: www.saskhealthauthority.ca

Provides health education, sexual health services, immunizations, pregnancy support, and other health services for youth and families.

SUBSTANCE USE & ADDICTIONS

211 SASKATCHEWAN

Call or Text: 211

Website: www.sk.211.ca

Can connect youth and families to local addictions counselling, treatment, harm reduction, recovery supports, and other community resources.

HEALTHLINE SASKATCHEWAN

Call: 811

Website: www.saskatchewan.ca/healthline

Provides confidential health and addictions information, support, and connections to appropriate community services.

HOMEBASE – YWCA REGINA

Phone: 306-525-2141

Website: www.ywcaregina.ca/homebase

Provides youth-focused support, peer support, mental health services, and connections to community resources.

TRAFFICKED & EXPLOITED YOUTH

CANADIAN HUMAN TRAFFICKING HOTLINE

Call or Text: 1-833-900-1010

Website: www.canadianhumantraffickinghotline.ca

A free, confidential, 24/7 national hotline for people experiencing or at risk of human trafficking. Hotline advocates can provide support, safety planning, referrals, and connections to local services.

211 SASKATCHEWAN

Call or Text: 211

Website: www.sk.211.ca

Can connect individuals experiencing human trafficking or sexual exploitation with local supports, including emergency shelters, victim services, counselling, safety planning, and cultural and community supports.

REGINA POLICE SERVICE – VICTIM SERVICES

Phone: 306-777-8660

Police Non-Emergency: 306-777-6500

Emergency: 911

Website: www.reginapolice.ca/about-us/community-services/victim-services

Provides information, support, referrals, and assistance to victims of crime and traumatic events. Victim Services also provides specialized support and referrals for children, families, and Indigenous community members.

SASKATCHEWAN CHILD PROTECTION

Phone: 1-844-787-3760

Website: www.saskatchewan.ca/child-protection

Call if a child or youth is being abused, neglected, exploited, or is unsafe. Child Protection Services can respond to concerns about the safety and well-being of children and youth.

DATING VIOLENCE / SEXUAL VIOLENCE / EXPLOITATION SUPPORTS

REGINA SEXUAL ASSAULT CENTRE

24-Hour Crisis / Information Line: 306-352-0434

Toll-Free: 1-844-952-0434

Office: 306-522-2777

Website: www.reginalsexualassaultcentre.ca

Provides confidential crisis support, counselling, advocacy, information, and referrals for survivors and individuals impacted by sexual violence.

211 SASKATCHEWAN

Call or Text: 211

Website: www.sk.211.ca

Can connect youth and families to supports related to intimate partner violence, sexual assault, family violence, shelters, counselling, safety planning, and legal services.

REGINA POLICE SERVICE – VICTIM SERVICES

Phone: 306-777-8660

Police non-emergency: 306-777-6500

Emergency: 911

Website: www.reginapolice.ca/about-us/community-services/victim-services

Provides support, information, referrals, and assistance to victims of crime and traumatic events.

EMERGENCY

911

Call 911 if you are in immediate danger or need immediate police, fire, or ambulance assistance.