



Safe Space Strategy

Individual Toolkit

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What is a Safety Plan?

Your safety and well-being matter deeply. In many Indigenous teachings, safety is understood as living in balance—where harmony is maintained across the physical, emotional, mental, and spiritual aspects of one's life. If you find yourself in a harmful or unsafe situation, developing a safety plan can guide you in taking practical steps to protect yourself and connect with support. Creating a plan is a way of honouring your strength, while upholding the teachings of self-care and care for your community.

A safety plan is a personal guide that helps you prepare for situations in which you may feel unsafe. It invites you to consider your unique needs and the options available to protect your well-being. This can include recognizing warning signs, identifying places where you feel safe, naming trusted people you can reach out to, and knowing how to access emergency or community supports—including culturally grounded resources that reflect and affirm your identity.

You can approach this Tool Kit on your own or with someone you trust. In Indigenous traditions, connection to family, Elders, or community members can often provide wisdom and strength. Use this as a guide, knowing that you hold the agency to decide what feels right for you. Each person and each situation is different, so this tool is not meant to dictate what you should do, nor do you need to complete every section. It's here to support you in creating a plan that reflects your life, culture, and values.

Remember, safety plans are dynamic what works in one moment might not work in another. If part of your plan doesn't feel helpful during a time of need, explore other strategies or reach out to someone you trust, whether it's a loved one, a community member, or a helper in your circle. Listening to your intuition and drawing on your cultural teachings can help guide your steps toward safety and balance.

Safety planning with a friend or family member doesn't have to be an awkward, one-time conversation. Safety planning is a tool we can all use to have conversations about how to care better for ourselves and others.

What is Cultural Safety?

Cultural Safety is about understanding how history and social conditions—especially colonization, systemic inequality, and discrimination—continue to affect people’s experiences and access to services. It recognizes that power imbalances influence relationships and institutions, and that these imbalances often disadvantage marginalized communities, including Indigenous Peoples.

Foundational Principles of Cultural Safety

- **Understanding Power Dynamics:** Cultural safety means working to reduce power imbalances in both personal interactions and larger systems, making sure that the voices of marginalized communities are heard and included in decisions that affect them.
- **Self-Reflection and Awareness:** Committing to cultural safety demands continuous self-reflection. It involves examining biases, assumptions, and privileges, particularly those shaped by dominant narratives. You must critically assess how your actions, words, and perspectives influence individuals and communities, ensuring you do not reinforce harmful stereotypes or exclusion.
- **Respect and Recognition:** Cultural safety is built on the recognition of diverse cultures, traditions, and worldviews as distinct and valuable. It requires listening with humility, rejecting stereotypes, and honouring different ways of knowing and being. Respect is demonstrated through meaningful engagement, not tokenism, and by ensuring that all people feel seen and heard.
- **Prioritizing the Voices of Those Affected:** Cultural safety is determined by the individuals who receive a service or experience an interaction, not by those providing it. This principle ensures that people feel seen, heard, and empowered to define what safety means for them.
- **Addressing Systemic Inequities:** Cultural safety is not just about individual interactions it requires dismantling structures that perpetuate discrimination and exclusion. This means challenging policies, practices, and institutions that reinforce inequity and advocating for systemic change that supports the rights and well-being of all communities.
- **Commitment to Continuous Learning:** Cultural safety is an ongoing journey, not a destination. It involves actively seeking knowledge, engaging with diverse perspectives, and adapting approaches to ensure meaningful inclusion and respect. It requires humility, a willingness to listen, and a dedication to lifelong learning.

By embracing these principles, individuals and organizations can create spaces where all people feel safe, respected and empowered.

Personal Safety

In a world where unpredictability is part of life, the importance of personal safety and security resonates deeply within our communities. Whether you're navigating the energy of a busy city or embracing the peaceful rhythms of rural landscapes, being prepared and aware contributes not only to individual safety but also to the collective well-being of those around you.

A key concept rooted in safety is situational awareness, an idea that aligns closely with many Indigenous teachings about mindfulness, observation, and connection.

What is Situational Awareness?

At its heart, situational awareness involves attentiveness to your surroundings and an understanding of what is unfolding around you. Many Indigenous communities emphasize learning from nature and being in tune with the environment - values that naturally extend to staying safe.

When you're in public, being able to recognize potential risks and irregularities before they affect you is essential. These practices also help foster a sense of calm and awareness. Here are some ways to enhance situational awareness, informed by Indigenous perspectives:

- **Limit distractions and stay present:** Spending less time on your phone or other devices allows you to truly see, hear, and feel the environment around you. This practice mirrors the importance of mindfulness and respect for the present moment; a teaching often shared across many Indigenous cultures.
- **Notice what doesn't belong:** Pay attention to things that feel out of place. For example, if someone's behavior seems unusual like being overly quiet in a lively setting or visibly agitated in a calm one trust your instincts. Similarly, observe patterns, like a vehicle circling a parking lot repeatedly. Much like tracking in nature, this skill involves keen observation without judgment.
- **Balance alertness with respect:** In Indigenous teachings, there's a strong emphasis on seeing the world through a lens of respect rather than suspicion. While it's crucial to stay aware of potential threats, it's equally important to avoid jumping to conclusions or making assumptions. Approach awareness as a way to strengthen your connection to the world and protect the shared space we inhabit.

Ultimately, situational awareness means paying attention to your surroundings, noticing anything unusual, and staying present. It helps you stay safe while also being mindful and respectful of the people and spaces around you. This practice reflects Indigenous teachings about observation, connection, and harmony.

Physical Safety

Physical safety is more than just the absence of harm or injury it encompasses both tangible and relational aspects of well being. In many Indigenous worldviews, it is connected to the balance of mind, body, spirit, and community. Safety is shaped not only by the physical surroundings, such as rooms, furniture, tools, and artwork, but also by the energy and relationships within those spaces.

Real physical safety also requires caring for emotional and mental well-being—for both those giving care and those receiving it. This reflects Indigenous teachings, which focus on balance and harmony in all parts of life.

Psychological & Emotional Safety

Psychological safety means people can share their thoughts and feelings without fear of being judged or punished. It is important in workplaces, relationships, and schools, so that everyone can speak openly and be treated with respect. Emotional safety means your feelings are recognized and valued, without being ignored or manipulated. It is key to healthy relationships, allowing people to be open and authentic without being hurt.

Social & Environmental Safety

Social safety is the sense of belonging within a community, free from exclusion or discrimination. It ensures that individuals feel valued and supported, fostering strong connections and mutual respect. Environmental safety ensures clean air, water, and secure surroundings, recognizing the deep connection between people and the land.

Honouring Indigenous Knowledge for Holistic Safety

A holistic approach to safety is one that honours Indigenous perspectives ensuring that the mind, body, spirit, and community remain in balance, fostering environments where all people can thrive. By integrating cultural traditions with safety practices, we nurture strong, healthy generations.

Indigenous ways of knowing, cultural practices, and traditional teachings offer pathways to resilience, healing, and balance. Prioritizing physical safety means creating environments free from harm, addressing the impacts of historical and intergenerational trauma, and ensuring the well-being of all individuals and communities.

Safety Check	Physical Safety Tips	What do you need?
<p>What do you do to keep yourself physically safe?</p>	<ul style="list-style-type: none"> • Explore what you need to not only be safer, but to feel safe as well. • Keep your keys, phone and purse in the same spot wherever you go. • Keep a list of contacts with names, phone numbers and addresses. • Keep a list of medications, personal documents and other information. • Meet people in public places. • Learn about Fire Escapes wherever you go. <p>When Travelling:</p> <ul style="list-style-type: none"> • Tell someone where you are going and how you can be reached. • Research Emergency contact information for ambulance, fire and police stations where you are going. • Travel with another person. • Check in when you leave and arrive. • Always have some cash on hand. • Teach Children how to call for help and other safety measures. • Identify who has permission to pick up children. • Create a code word with family and friends to use when help is needed. • Establish a check point place to go in case you need to leave. 	<p>What do you need to feel physically safe?</p>

Mental Health Safety

One of the most crucial, yet frequently overlooked, aspects of safety and safety planning is taking care of yourself. This includes your physical, emotional and spiritual well being. For many Indigenous people, good mental health is indicated by feeling a sense of belonging, having strong cultural identity, maintaining positive interpersonal relationships, and feeling that life has purpose and value.

Trusted relationships with family members, Elders, Knowledge Keepers, or community members can play an important role in developing this plan, ensuring it aligns with the individual's unique needs and cultural values.

Key elements of Mental Health Safety include:

- **Recognizing warning signs**, such as emotional, physical, spiritual, or mental cues that signal the need for additional support and grounding.
- **Identifying coping strategies**, such as mindfulness practices, connecting with nature, engaging in cultural traditions, or other activities that promote calm and balance.
- **Acknowledging sources of support**, like friends, family, Elders, Knowledge Keepers, professionals, and community members, who can provide encouragement and help navigate challenges.
- **Creating a safe environment**, by reducing exposure to triggers or harmful influences, and fostering spaces that feel supportive and healing.
- **Discovering personal sources of strength**, including values, teachings, connections to land or community, and aspirations that inspire resilience and hope.

By weaving together these components, the mental health safety plan becomes a meaningful resource for navigating difficulties, strengthening mental wellness, and fostering healing and balance.

Suicide Prevention

A person's identity or background does not determine whether they will experience suicidal thoughts or attempts. Factors such as discrimination, marginalization, oppression, and lack of support can increase risk. Suicidal thoughts are often related to how people are treated, not who they are.

Language matters. Sometimes the words we use can be stigmatizing, even if we don't mean them to be. By choosing our words carefully, we can help break down the shame and stigma that surround suicide and encourage people to get help when they need it.

There is no one sign that someone is considering suicide. Most people will show a combination of signs, while others will show few or no signs.

Never be afraid to open up a conversation about suicide if you have any reason for concern. It's always better to ask someone if you think they are struggling. It can be difficult for someone who is

struggling to reach out for help. The person you are worried about may be relieved that you opened up the conversation.

What to look out for

Changes or increases in any of the following things might be signs that someone needs support.

What they might talk about

- Thinking about suicide or wanting to die, even if it seems like they're joking
- Having a plan or having thoughts about how they might end their life
- Having feelings of hopelessness, that things will never get better
- Feeling lonely or disconnected
- Saying that they don't care about the future or that nothing matters
- Saying goodbye or saying that they'll miss you

How they might behave

- Seeming angry, short-tempered or irritated
- Crying more frequently
- Withdrawing from activities they normally enjoy
- Not wanting to spend time with friends or loved ones
- Not sleeping well or sleeping a lot
- Changes to how they eat
- Using alcohol or substances more than usual
- Increased engagement in high risk behaviours such as reckless driving, dangerous sports or activities
- Giving away possessions or making plans for after their death

How 9-8-8: The Suicide Crisis Helpline works

If you're feeling overwhelmed, struggling to cope, thinking about suicide, or worried about someone else, you're not alone—support is available. You can call or text 9-8-8 at any time to connect with a trained responder who will listen without judgment, offer understanding, and help you find ways to get through the moment.

When you reach out, you'll be connected to a responder from a network of nearly 40 crisis centres across Canada. These centres are based in communities nationwide, which means you may speak with someone who understands your local context and can guide you to supports that are relevant to you. Some partners also offer specialized services—for example, Hope for Wellness provides culturally appropriate support for First Nations, Inuit, and Métis individuals.

The 9-8-8 helpline is a safe, confidential space where you can talk openly, explore what you're going through, and find support. Responders can help you build on your strengths, identify coping strategies, and connect you with additional resources if needed. Whether you're in immediate distress or just need someone to talk to, reaching out can be a first step toward feeling supported.

The service is led and coordinated by the Centre for Addiction and Mental Health (CAMH) and funded by the Government of Canada, with a vision of ensuring that everyone in Canada can access support when they need it most.

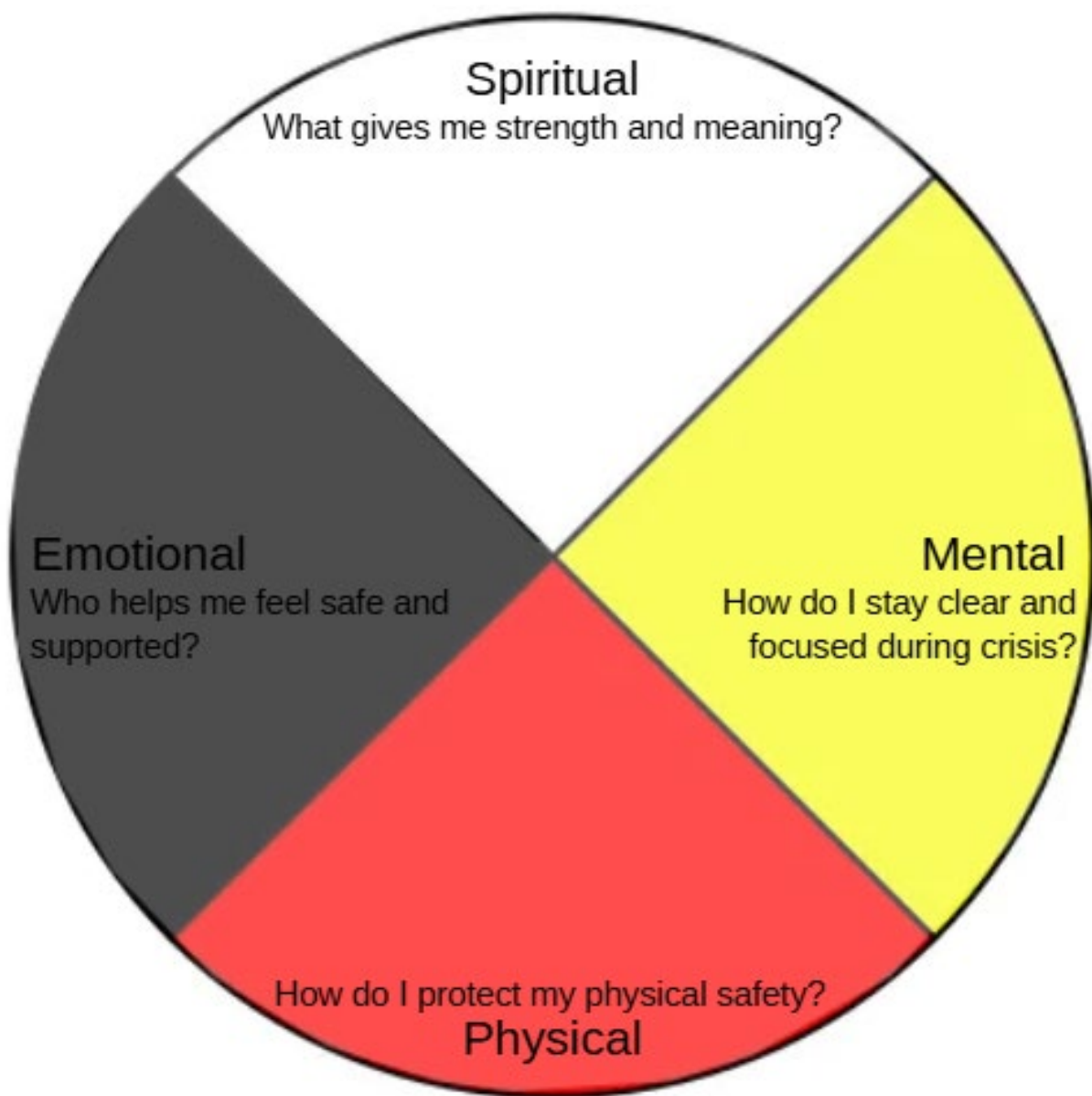
For more information and resources in understanding suicide, visit:

<https://988.ca/understanding-suicide>.

Safety Check	Mental Health Safety Tips	What do you need?
<p>What do you currently have, use or do to feel mentally safe?</p>	<ul style="list-style-type: none"> • Check in with yourself, how are you feeling? • Have someone that you can go to when you are feeling down? Create a list. • Talk to an Elder or Knowledge Keeper • Talk to your doctor if you feel down more than 3 days a week. • Create positive affirmations about yourself and post them in places where you will see them all the time. • Attend workshops to help you learn new things. • Ensure you have a balanced diet, drink plenty of water and exercise regularly. • Attend support circles to gain access to more resources for supports. • Carry sacred items, such as medicines (sage, sweetgrass, cedar) or small tokens gifted by Elders, for strength and grounding during this difficult time. • Practice grounding techniques rooted in traditional teachings, like smudging or focusing on the elements of the Medicine Wheel. • Reconnect with cultural practices, such as ceremonies, talking circles, or drumming, to begin the process of emotional and spiritual healing. • Do things you like to do and try new things everyday. Have fun! 	<p>What do you need in your life to feel mentally safe?</p>

Medicine Wheel

The Medicine Wheel reminds us that safety is not just about physical protection — it is about balance within the whole person. For individuals, true safety includes feeling physically secure, emotionally supported, mentally respected, and spiritually connected. When one area is out of balance, overall well-being can be affected. In the context of safety, this means recognizing that a person may be physically safe but still feel emotionally unsafe, culturally disconnected, or mentally overwhelmed. By honouring the teachings of the Medicine Wheel, we understand that individual safety involves nurturing all aspects of self — body, mind, heart, and spirit — so that each person can feel grounded, valued, and supported in their daily life.



SPIRITUAL	<p>My spiritual supports:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ceremony (smudge, sweat, pipe, etc.) <input type="checkbox"/> Prayer <input type="checkbox"/> Time on the land <input type="checkbox"/> Elders / Knowledge Keepers <input type="checkbox"/> Cultural songs or drumming <input type="checkbox"/> Other: _____ <p>_____</p> <p>When I feel unsafe or overwhelmed, I can: _____</p> <p>_____</p>
MENTAL	<p>My grounding strategies:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Deep breathing <input type="checkbox"/> Naming 5 things I see/hear/feel <input type="checkbox"/> Holding a sacred item <input type="checkbox"/> Stepping outside <input type="checkbox"/> Calling someone <input type="checkbox"/> Other: _____ <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
PHYSICAL	<p>Warning signs that I may be unsafe: _____</p> <p>_____</p> <p>_____</p> <p>My safety actions:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Leave the area <input type="checkbox"/> Call 911 (if in immediate danger) <input type="checkbox"/> Stay with someone safe <input type="checkbox"/> Have a packed bag ready <input type="checkbox"/> Arrange transportation <input type="checkbox"/> Other: _____ <p>_____</p>
EMOTIONAL	<p>People I can call:</p> <p>1. Name: _____ Phone: _____</p> <p>2. Name: _____ Phone: _____</p> <p>3. Name: _____ Phone: _____</p> <p>Community Supports:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Family <input type="checkbox"/> Trusted friend <input type="checkbox"/> Women's group / Men's group <input type="checkbox"/> Two-Spirit support <input type="checkbox"/> Counsellor <input type="checkbox"/> Crisis line: _____ <input type="checkbox"/> Other: _____

Medical and Health Safety

Medical and Health Safety ensures you have access to safe healthcare, proper medical treatment, and protection from health risks. A personal safety kit for medical and health safety is about preparedness, empowerment, and advocacy.

Building Safety Through Preparedness & Knowledge

1. Essential Medical Supplies

- First Aid Kit and Medications
- Emergency Contacts
- Health Records; Copies of medical history, allergies, and insurance information.

2. Access to Healthcare Services

- Identify local clinics, hospitals, and Indigenous health centers that provide culturally safe care.
- Know your rights when accessing healthcare, including informed consent and patient advocacy.
- Understand how to navigate healthcare systems, including insurance, referrals, and emergency care.

3. Disease Prevention & Health Maintenance

- Stay up to date with vaccinations and routine health screenings.
- Maintain hygiene essentials such as hand sanitizer, masks, and clean water.
- Learn about nutrition, exercise, and holistic wellness practices.

4. Mental Health & Emotional Well-Being

- Include stress management tools such as grounding techniques, breathing exercises, or mindfulness practices.
- Access culturally relevant healing practices, including traditional medicines, ceremonies, or community support.

5. Advocacy & Health Rights Protection

- Know how to advocate for yourself in medical settings, ensuring respectful and informed care.
- Understand Indigenous health rights, including access to traditional healing and land-based wellness practices.
- Support policies that improve healthcare access and challenge systemic barriers to medical equity.

By equipping yourself with essential tools, knowledge, and support systems, you can protect your health and ensure access to safe, respectful, and effective care.

Legal and Human Rights Safety

Individuals are protected under Legal and Human Rights laws that uphold fairness, justice, and dignity. A personal safety toolkit empowers individuals to navigate systems, protect themselves from harm, and challenge injustices.

Building Safety Through Knowledge & Action

1. Understanding Your Rights

- Learn about your legal rights related to safety, discrimination, and personal freedoms.
- Know your rights in interactions with law enforcement, workplaces, healthcare systems, and public spaces.
- Understand Indigenous rights, treaty rights, and land protections.

2. Accessing Legal Support

- Identify and keep contact information for legal professionals or human rights organizations that can assist you in case of violations.
- Know how to report discrimination, harassment, or human rights violations.

3. Personal Documentation & Safety Measures

- Keep copies of important documents (ID, health records, legal papers) in a secure location.
- Learn about protective measures such as restraining orders, workplace protections, and emergency contacts.

4. Digital & Privacy Protection

- Secure personal information online to prevent identity theft or cyber threats.
- Understand privacy laws and how to protect yourself from digital surveillance or harassment.
- Use encrypted communication tools when discussing sensitive matters.

5. Advocacy & Community Support

- Engage with organizations that promote human rights, Indigenous sovereignty, and social justice.
- Participate in community safety initiatives, legal education programs, or self-defence workshops.
- Support policies that strengthen protections for marginalized communities and challenge systemic inequities.

By understanding your rights, accessing resources, and fostering community support, individuals can create safer environments for themselves and others.

Clare's Law

The Interpersonal Violence Disclosure Protocol (Clare's Law) Act provides a legislative framework for police services in Saskatchewan to disclose relevant prior criminal information to intimate partners and other limited persons for the purpose of informing and protecting individuals at risk of harm from their partners.

The Act allows for information to be disclosed in accordance with The Interpersonal Violence Disclosure Protocol (the "Protocol"), which is adopted by the regulations. The Protocol authorizes police to disclose certain risk related information through recognized and consistent procedures.

There are two methods of entry to the Protocol's disclosure process:

1. **The "right to ask"** process is initiated by a member of the public by making an application. The application can be made by the person at risk of harm by the current or former intimate partner. A third party can also make an application on behalf of the person at risk with or without their consent. A third party is someone the person at risk has a close personal relationship with, such as a parent, sibling, friend or support worker. The person at risk may also have prescribed professionals assist them with their application or make an application on their behalf with their consent, such as a lawyer, medical practitioner, a psychologist, social worker, as well as registered nurses or registered psychiatric nurses.
2. **The "right to know"** process is initiated by a member of a police service who is in receipt of information that could impact the safety of a person at risk.

Clare's Law is meant to be proactive, as opposed to reactive. It provides potential victims with important information, allowing them the opportunity to make an informed choice, before violence happens. It serves to interrupt the impact of repeat perpetrators of intimate partner violence by informing subsequent and/or potential partners of the risk posed by the individual they are becoming involved with. Therefore, Clare's Law is an evidence-based approach used to reduce incidents of intimate partner violence and decrease the risk of intimate partner homicide.

[Clare's Law | Victims of Crime and Abuse | Government of Saskatchewan](#)

[Explaining the Interpersonal Violence Disclosure Protocol](#)

To access more information on Clare's Law, contact your local RCMP or Police detachment.

"Red Flag" Laws; Preventing Firearm-related Harm

"Red Flag" laws allow any individual to apply for an emergency prohibition or limitations on access order. "Red Flag" laws complement existing tools, such as calling 911 in urgent and life-threatening situations.

There are two "Red Flag" laws accessible for you to use to prevent Firearm-related Harm:

1. **Emergency Prohibition Order** is a court order issued by a judge if a person is considered a safety risk to themselves or others. If the order is issued, the person's firearms, firearms license, ownership documents, or other weapons may be taken for up to 30 days. These items may be seized by the police or surrendered by the owner. The court may also schedule a hearing to decide whether a longer-term prohibition order is needed. A longer order can last up to five years, and the firearms or other items will not be returned until the court makes a decision.
2. **Emergency Limitations on Access Order** is another type of court order. This order can be made if there is a risk that someone who is not allowed to have firearms or other weapons due to a court order could gain access to another person's firearms. The order allows a judge to place restrictions on how another person stores or uses their firearms to help reduce risk. The order can last up to 30 days, and the court may schedule a hearing to decide whether a longer-term order is needed. The conditions imposed must be the least intrusive possible, but if the person cannot reasonably follow them—such as having no place to store firearms—the court may order the temporary removal of firearms or related items. Anyone can apply for this type of order. It does not create a criminal record unless the person breaches the order and is convicted of that offence. Once the order expires, all restrictions are lifted and any removed firearms or items are returned. If safety concerns remain after the order ends, another Emergency Limitations on Access Order can be requested.

It is important to note that Judges do not automatically grant these orders. Judges must first review the evidence, which may include personal notes, police call records, statements from family or friends, and video or oral evidence of threats or violence. Anyone can apply through their provincial or territorial court without a lawyer, and social support services, where available, may help with the process. Applications are made *ex parte*, meaning the respondent is not notified or present at the hearing. If the order is granted, the respondent is then notified.

For more information on red flag laws and these protections, contact your local court. Learn more about "Red Flag" laws and how they can help prevent firearms violence: canada.ca/red-flag-laws.

Remember: If a situation is urgent or life threatening, call 911 or your local police emergency number.

Protective Orders

Protective orders are legal options available to individuals who fear for their safety because of violence or threats of violence. Everyone has the right to live free from abuse and harm. In Saskatchewan, protective orders are designed to provide immediate safety and support for people experiencing domestic or interpersonal violence. These orders can place restrictions on the person causing harm, such as requiring them to stay away from the victim, their home, workplace, or other locations. Protective orders aim to reduce the risk of further harm and help ensure the safety and well-being of those affected by violence.

Victims of Interpersonal Violence Act

Saskatchewan has a law called **The Victims of Interpersonal Violence Act**, which helps address violence in personal relationships. The Act provides legal options to protect individuals experiencing abuse and allows courts to issue protective orders to help prevent further harm.

It applies to:

- people who live together or have lived together as a couple or a family
- people who live together or have lived together in an intimate relationship
- parents of a child regardless of whether they are married or have ever lived together
- people in an ongoing caregiving relationship whether they have lived together or not

Interpersonal violence includes:

- physical harm or damage to property
- threats that cause a reasonable fear of physical harm or damage to property
- forced confinement
- sexual abuse
- harassment
- depriving someone of necessities such as food and shelter
- conduct that constitutes a pattern of coercive or controlling behaviour
- cyberstalking or online harassment

Types of Protective Orders:

1. Emergency Intervention Orders
2. Victim's Assistance Order
3. Warrant Permitting Entry
4. Peace Bonds

For more information on protective orders and their protections, contact your local court or visit: <https://familylaw.plea.org/safety/protective-orders>.

Remember: If a situation is urgent or life threatening, call 911 or your local police emergency number.

Pets and Safety Planning

When creating a safety plan, it's important to consider the safety and well-being of your pets. If you can, try to arrange for a trusted friend or family member to care for them. If that's not possible, there are supports in Saskatchewan that can help ensure your pets are safe while you focus on your own safety.

Some emergency and second-stage domestic violence shelters can accommodate pets, while others can help arrange temporary care. You can ask about these options when reaching out for support—staff are there to help you explore what's available.

In Saskatchewan, several organizations work together to support the safety of people and their pets:

- Provincial Association of Transition Houses and Services of Saskatchewan (PATHS)
- Saskatchewan SPCA
- STOPS to Violence

Through the ***Working to End Violence Partnership***, pet care kits are provided to emergency shelters and transition houses on a first-come, first-served basis. These kits help make sure pets are cared for while individuals and families access safety and support services.

Pet care kits may include basic supplies such as dry pet food, food and water bowls, carriers or crates, collars, toys, and hygiene or grooming items. This support can ease some of the stress of leaving a dangerous situation, knowing your pet's needs are also being looked after.

To learn more:

Working to End Violence Partnership: <https://www.violencelink.ca/wtev>

Emergency and Second Stage Shelters: <https://pathssk.org/get-help-now/>

If you're unsure where to start, reaching out to a local shelter or support organization can help you find options that work for you and your pets.

Remember: Your safety and the safety of your pet's matter. Support is available

Developing an Exit Safety Plan

Creating an Exit Safety Plan is a crucial measure for anyone considering leaving an abusive partner. Whether it's finding a way to temporarily escape a violent incident or preparing to leave the abuser permanently, having a well thought out strategy can provide clarity and protection in high-risk situations.

Leaving an abusive partner is often the most dangerous time for a survivor. An Exit Safety Plan helps survivors carefully plan steps to protect themselves, their children, and their pets during these times. Here are three steps to follow when creating your own Exit Safety Plan.

Step 1: Abate Your Fears

Some survivors of domestic violence are rightly fearful that implementing the steps of an Exit Safety Plan will place them more at risk with their abuser. As such, consider an Order of Protection as part of your safety planning. When you're ready to leave, your abuser can be served with this order, creating a legal disincentive for him or her from contacting you. A domestic violence advocate in your area can help you secure an Order of Protection.

Step 2: Find Your Advocate

A trained domestic violence advocate can help you sort through everything you need to do and plan for, in order, to create a safety plan that makes the most sense. You can find an advocate near you at <https://www.domesticshelters.org>.

Step 3: Plan for All Possibilities

Safety plans need to take into consideration all aspects a survivor is dealing with. Below, are some different variations of Exit Safety planning to consider:

- Children: If there are children in the home, safety plan with them. Teach them to never intervene during a violent incident and make up a code word you can use when they need to leave the home because of violence.
- Pets: establish custody of your pets (register them in your name).
- Pre-Packing: Finally, when packing a bag, consider keeping this bag in a place where your abuser wouldn't look for it, such as at a friend or neighbor's home, or at your place of work.

An Exit Safety Plan is more than just a set of instructions; it's a personalized roadmap designed to keep you safe at every stage of your journey from preparing to leave to starting your new life.

Remember, you are not alone, and help is available.

Safety Check	Planning on Leaving Guidelines	What do you need?
<p>What are you doing now to plan a safe exit?</p>	<ul style="list-style-type: none"> • If you are planning on leaving, and your safety is at risk. Tell someone you trust what your plan is. Check-in with them regularly. Create a plan in case you fail to check-in. • Document situations where your safety is at risk. • Leave money, an extra set of keys, extra clothes, and a copy of important documents with a trusted family member or friend. • Open a private bank account. • Develop and rehearse an escape plan. • Teach your children and friends a CODE WORD to let them know when to call for help. • If you need a caregiver for health concerns, develop an emergency care plan. • Plan for care of your animals. • Inform neighbours that you are leaving the residence and call police if anyone is around. • Set up a mail deferral. • Ensure you have updated photos, personal information on yourself and children. • Register your children with Child Find or similar services. • Inform supervisors, schools, family and friends of the situation. • Screen calls at work, home or school. • Ask for security or other person to walk you to your car/bus. • Use different stores or hours of shopping. • Change passwords to your accounts. <p>Provincial Association of Transition Houses and Services of Saskatchewan (PATHS) is the member association for agencies that provide Intimate Partner and Family Violence services across Saskatchewan. Phone: 306-522-3515.</p>	<p>What do you need to leave safely?</p>

Safety Check	Personal Emergency Exit Checklist	What do you need?
<p>Remember, belongings can be replaced - if you are in danger leave right away.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Birth Certificate. <input type="checkbox"/> Social Insurance Card (SIN Card). <input type="checkbox"/> Driver's License and Registration. <input type="checkbox"/> Health Card. <input type="checkbox"/> Passport. <input type="checkbox"/> Money. <input type="checkbox"/> Chequebook and Bankbooks. <input type="checkbox"/> Debit and Credit Cards. <input type="checkbox"/> Transit Pass. <input type="checkbox"/> Keys - house/car/office. <input type="checkbox"/> Traditional medicine. <input type="checkbox"/> Medications and prescriptions. <input type="checkbox"/> Court orders and protection orders. <input type="checkbox"/> Custody documentation (children and pets). <input type="checkbox"/> Citizenship or immigration documents. <input type="checkbox"/> Certificate of Indian Status / Treaty Cards. <input type="checkbox"/> Work permits. <input type="checkbox"/> Medical records. <input type="checkbox"/> Government records (Income tax). <input type="checkbox"/> Lease/rental agreement. <input type="checkbox"/> House deed. <input type="checkbox"/> Mortgage papers. <input type="checkbox"/> Medical assistive devices <input type="checkbox"/> Glasses. <input type="checkbox"/> Dentures. <input type="checkbox"/> Walkers, canes. <input type="checkbox"/> Hearing aids. <input type="checkbox"/> Insurance papers (car, home, health). <input type="checkbox"/> Address/telephone book. <input type="checkbox"/> Divorce papers. <input type="checkbox"/> Marriage certificate. <input type="checkbox"/> Children's favourite toys and or blanket. <input type="checkbox"/> Pictures of abuser and children. <input type="checkbox"/> Valuable items such as jewellery. <input type="checkbox"/> Sentimental items. <input type="checkbox"/> Pet Supplies. 	<p>Pre-Packing? when packing a bag, consider keeping this bag in a place where your abuser wouldn't look for it, such as at a friends or neighbor's home, or at your place of work.</p>

Home Safety

Home is meant to be a safe haven, but it's constantly at risk of disaster from indoor and outdoor hazards. Some risks are minimized with proper precautions, while others are completely out of your control. How you respond to each hazard is the only strategy to mitigate harm and damage when disaster strikes. Here are a few things to consider when creating your plan.

1. Identify Natural Disasters in Your Area

What natural disasters affect your area? Is it prone to tornadoes, hurricanes, earthquakes, or wildfires? Determine whether it's better to shelter in place or evacuate for each possible disaster.

2. Stock Your Home with Safety Equipment

Natural disasters aren't the only hazards to plan for. House fires, carbon monoxide leaks, break-ins, and power outages also put your home and household in danger. Once you're aware of a hazard, how you respond is vital. Keep fire extinguishers, flashlights, and first aid kits around your home to respond quickly and prevent escalation.

3. Build an Emergency Bag

Building an emergency bag sets you up to save time and anxiety in an emergency. By keeping all the necessities for your household in one place and ready to go.

4. Plan for Your Household Members

Does your household include children, babies, or elders? Consider the capabilities of the members of your household and what method would be quickest and safest to evacuate them. This may require reassigning bedrooms, but it's worth the hassle if it ensures a safer evacuation. If some household members need specific aids in their daily life – a cane, glasses, or a wheelchair – plan to take these with you and how it will affect your evacuation plan.

5. Post Emergency Phone Numbers

Ensure all children in the home know to call 911. List all local emergency phone numbers in an accessible location, the kitchen fridge is a common location. Emergency phone numbers to have on your list include the local hospital, local police station, poison control, and your primary care physician.

6. Go Over Plans with Household Members

Home Safety Plans aren't too useful if you're the only one who knows about them. Hold a meeting to inform your household of the safety plans for every situation that may arise, who to call, and what to grab when evacuating. Refresh everyone on the home safety procedures every year and adjust your plans as your household changes.

Safety Check	Home Safety Tips	What do you need?
<p>What do you do to ensure your home is safe?</p>	<ul style="list-style-type: none"> • Create an Evacuation plan of your home with your family and practice it. • Make a gathering spot outside your home and ensure everyone knows where it is. • Test your smoke alarms and CO2 detectors every six months. • Ensure adequate lighting in and around the home. • Consider becoming trained in First Aid and CPR. • Have family members information written down including phone numbers, health card numbers, driver's license numbers, medical information, etc. Don't forget to include pets! • Have emergency contacts written down, including names, phone numbers and addresses. • Create an Emergency Kit. • Utility shut off procedure: everyone should know how to turn off main utilities; water, electricity, gas. Write down instructions and display them. <p>Do you have children in the home, if yes:</p> <ul style="list-style-type: none"> • Teach children how and when to dial 911. • Look at your home from a child's perspective. Get down on the floor and look up. • Are there drawers that small children can open? • Are things within reach that a child can choke on? • Are there things a child could pull down on top of themselves? <p>Toy Safety Tips:</p> <ul style="list-style-type: none"> • Read and follow the age labels, warnings, safety messages and other instructions that come with a toy. • Supervise children at play and teach them to use their new toy safely. 	<p>What do you need to increase safety in and around your home?</p>

Safety Check	Household Emergency Response Kit	What do you need?
Do you have a Household Emergency Response Kit?	<ul style="list-style-type: none"> <input type="checkbox"/> Drinking Water <input type="checkbox"/> Water for cleaning <input type="checkbox"/> Food (non-perishable) <input type="checkbox"/> Manual can opener <input type="checkbox"/> Flashlight and batteries <input type="checkbox"/> Candles <input type="checkbox"/> Radio and batteries <input type="checkbox"/> First Aid Kit <input type="checkbox"/> Extra Cash <input type="checkbox"/> Personal Hygiene items <input type="checkbox"/> Cell phone charger or battery pack <input type="checkbox"/> Paper and pens <input type="checkbox"/> Whistle <input type="checkbox"/> Copies of important documents, consider an encrypted USB (birth certificates, health cards, prescriptions, etc.) <input type="checkbox"/> Pet supplies (food, medication, vaccine records) <input type="checkbox"/> Necessities (medications, glasses, baby supplies, medical aids, etc.) <p>Additional items to consider:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Traditional medicines <input type="checkbox"/> Traditional foods <input type="checkbox"/> Change of clothing <input type="checkbox"/> Plastic Sheeting / Tarp <input type="checkbox"/> Scissors, pocketknife or multi-tool <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Garbage bags <input type="checkbox"/> Toilet paper <input type="checkbox"/> Duct Tape <input type="checkbox"/> Emergency blanket <input type="checkbox"/> Toys, games, deck of cards, books <input type="checkbox"/> Map 	What do you need to get for your Household Emergency Response Kit?

Workplace Safety

Personal safety and awareness encompass the practices and knowledge that individuals need to protect themselves in various environments, particularly in workplaces.

Understanding Hazards and Risks

To effectively practice personal safety and awareness in the workplace, it's crucial to identify the various hazards and risks that individuals may encounter in their environments.

Workplace Hazards can be categorized into several types:

1. Physical Hazards

Physical hazards are the most apparent and can include machinery, tools, or any equipment that can cause injury. Additionally, slips, trips, and falls are common physical hazards in many workplaces.

2. Chemical Hazards

Exposure to hazardous chemicals can occur in various industries, from manufacturing to healthcare. Chemicals like solvents, acids, and other toxic substances can lead to respiratory issues or skin burns. Understanding Material Safety Data Sheets (MSDS) is essential for recognizing the risks associated with these chemicals.

3. Biological Hazards

In sectors like healthcare, personal safety and awareness also involve recognizing biological hazards such as bacteria, viruses, and other pathogens. For instance, nurses and doctors must be vigilant in using personal protective equipment (PPE) when dealing with infectious materials to prevent contamination.

4. Ergonomic Hazards

Improper lifting techniques or inadequate workstation design can lead to musculoskeletal disorders. Awareness of ergonomic principles can greatly reduce these risks, leading to a healthier workplace.

5. Psychological Hazards

Psychological hazards, such as workplace stress and bullying, can affect mental well-being. Promoting a positive work environment and being aware of mental health resources is crucial for personal safety.

Safety Check	Workplace Safety Tips	What do you need?
<p>What makes you feel safe in the workplace?</p>	<ul style="list-style-type: none"> • Know your rights as an employee and the duties of your employer. • Learn about safety policies and procedures including emergency plans, evacuation plans, etc. • Wear appropriate Personal Protective Equipment (PPE). • Keep workspaces clean and organized. • Take regular breaks • Stay hydrated • Use ergonomics at your workspace. Be sure to stretch and move around as much as possible. • Report Hazards immediately. • Stay alert and aware. • Keep Emergency Exits clear. • Request additional training such as Mental Health First Aid, First Aid and CPR, WHMIS or other personal development to increase your safety and the safety of others. <p>As a worker in SK, you have 3 Fundamental Rights:</p> <ol style="list-style-type: none"> 1. The right to know about dangers at work and how to control them. 2. The right to participate in finding and controlling workplace hazards. 3. The right to refuse unusually dangerous work. <p>Saskatchewan Occupational Health and Safety Toll free: 1-800-567-7233</p>	<p>What do you need to feel safe at work?</p>

Cyber Safety

Cyber Safety is the safe and responsible use of information and communication technologies. It is all about staying safe online and protecting yourself against potential risks on the internet. Any device capable of connecting with the internet requires that we take safety measures. An understanding of the harms on the internet means you are less likely to jeopardize your own personal information and well-being.

Here is a list of some of the biggest internet dangers you need to watch out for:

- Identity theft.
- Data breaches.
- Malware and viruses.
- Phishing and scam emails.
- Fake websites / news.
- Online scams.
- Romance scams.
- Inappropriate content.
- Cyberbullying.
- Faulty privacy settings.

Cyber Safety for children is especially important, because they are increasingly using the internet to study, socialize and more. Teach your children about Cyber Safety as soon as they begin using digital gadgets. Discuss the potential dangers of oversharing on social media. Encourage children to think before posting and to take an active role in their cyber security education. Set up Parental Controls and review privacy settings to control who can see your child's information.

The 3 C's of Cyber Safety:

1. **Content:** any kind of content can be accessed, so children can upload and download anything from any site. It can be aggressive, abusive, adult content.
2. **Contact:** through technology, the world has become a global village. Free communication does not necessarily bring good to people. Online interaction with unknown people can be harmful, bullying and abuse can happen.
3. **Conduct:** is all about how you behave online. Most of the time, children don't know or understand how to behave and trace risk simultaneously.

Safety Check	Cyber Safety Tips	What do you need?
<p>What do you do or have that increases your cyber safety?</p>	<ul style="list-style-type: none"> • Keep your passwords in a secure location. • Don't share personal information. • Double check links before clicking. • Use secure public Wi-Fi networks. • Use a VPN with your Wi-Fi connection. • Only log into sites that start with https://. • Be cautious about who you and your children talk to. • Be careful what you download • Turn off Bluetooth. • Use antivirus and antimalware software. • Avoid opening mail from strangers. • Keep your devices up to date. • Use strong passwords. • Close unused accounts. • Enable multi-factor authentication where you can. • Back up your data regularly. • Review privacy settings and understand privacy policies. <p>Guidelines for Keeping Your Children Safe</p> <ul style="list-style-type: none"> ○ Establish Internet Rules: Set clear guidelines on appropriate websites, screen time, and online behaviour. ○ Teach Password Safety: Encourage the usage of strong, unique passwords while emphasising the significance of keeping them confidential. ○ Promote Cautious Clicking: Beware of the dangers of clicking on unexpected links or downloading files from untrustworthy websites. ○ Model Respectful Behavior: Encourage your child to be respectful online and avoid engaging in or tolerating cyberbullying. ○ Stay Informed and Involved: Keep up to date with digital trends and regularly discuss online safety. 	<p>What do you need to be safe online?</p>

Recap and Reflection

This Safe Space Strategy Toolkit has been designed to guide you in creating and maintaining environments where safety, respect, and well-being are prioritized for everyone. Throughout this toolkit, we explored a variety of approaches and resources to help you understand and build safety in all areas of life.

We began by looking at what a safety plan is and how it can help individuals anticipate and respond to unsafe situations. We explored cultural safety, emphasizing the importance of understanding historical and social contexts, power imbalances, and the ways in which Indigenous teachings can guide respectful and inclusive practices. Personal safety, including situational awareness, encourages mindfulness, careful observation, and connection to the people and spaces around us. We highlighted the importance of physical, psychological, and emotional safety, showing how these aspects are interconnected and essential for both those providing care and those receiving it.

A key focus of this toolkit was honouring Indigenous knowledge for holistic safety, emphasizing the balance of mind, body, spirit, and community. We explored mental health safety and its key elements and shared a Medicine Wheel activity to illustrate how safety can be understood and applied in a holistic way.

Strategies for building safety through preparedness and knowledge were discussed, including understanding legal and human rights protections, such as Clare's Law and developing an Exit Safety Plan.

Practical applications were also covered, including home, workplace, and cyber safety, and creating a personal safety plan tailored to individual needs. We provided guidance for accessing local resources, connecting you with supports available in your community.

By using this toolkit, you are taking meaningful steps toward creating safer spaces for yourself and those around you. The tools, strategies, and knowledge presented here are meant to empower you to act with confidence, compassion, and care.

Thank you for taking the time and care to engage with these practices. Your commitment helps build environments where everyone can feel respected, supported, and connected—physically, emotionally, mentally, and culturally. Small steps, knowledge, and thoughtful action truly make a meaningful difference in creating spaces where all can thrive.

My Personal Safety Plan

Section	Prompts	My Plan
Early Warning Signs	<i>Thoughts, feelings, or physical signs that let me know I may be overwhelmed or unsafe</i>	
Grounding Strategies	<i>Activities or practices that make me feel better</i>	
People I Can Reach Out To	<i>Trusted contacts, family, friends</i>	
Professional & Community Supports	<i>Counsellors, Elders, health workers</i>	
Crisis Supports (24/7)	<i>E.g., Hope for Wellness 1-855-242-3310, Talk Suicide Canada 1-833-456-4566, 911</i>	
Safe Places	<i>Places where I feel safe and supported</i>	
Steps if in Immediate Danger	<i>Actions I will take if I feel unsafe</i>	

My Personal and Local Resources

Resource Name	Type of Support	Phone Number

Saskatchewan Community Safety & Support Resources

A consolidated guide to emergency, legal, health, housing, and community support

1. Emergency & Crisis Support

If you or someone else is in immediate distress or crisis:

- **Suicide Crisis Support**
About 9-8-8 Suicide Crisis Helpline – 988 Suicide Crisis Helpline
<https://988.ca/>.
- **Community Suicide Prevention Guide**
Together to Live
<https://www.togethertolive.ca>
- **Healing After Suicide Loss**
Healing to the Max
<https://healingtothemax.org>

2. Violence, Abuse & Safe Shelter Services

Support for domestic violence, gender-based violence, and unsafe situations:

- **Shelters in Saskatchewan**
<https://sheltersafe.ca/saskatchewan/>
- **Domestic violence shelters & counselling services**
PATHS Provincial Association of Transition Houses and Services of Saskatchewan
<https://pathssk.org/>
- **Violence prevention network**
STOPS to Violence Network
<https://www.stopstoviolence.com/>
- **Services for people experiencing violence & abuse**
<https://abuse.sk.211.ca/>

3. Legal Support & Justice Services

Free or low-cost legal help and information in Saskatchewan:

- **Legal Aid**
Legal Aid Saskatchewan
<https://www.legalaid.sk.ca>
- **Legal information for everyone**
PLEA Saskatchewan
<https://plea.org>

- **Community legal services (Saskatoon)**
CLASSIC Community Legal Services for Saskatoon Inner City
<https://www.classiclaw.ca>
- **Pro Bono legal services**
Pro Bono Law Saskatchewan
<https://www.pblsask.ca>
- **Lawyer referral service**
Law Society of Saskatchewan Lawyer Referral Service
<https://www.lawsociety.sk.ca>
- **Family law information**
<https://sasklawcourts.ca/kings-bench/family-law/>
- **Ethics in sport / safe sport rules**
Canadian Centre for Ethics in Sport
<https://cces.ca/safesport>

4. Housing & Tenant Rights

- **Tenant rights handbook (Saskatchewan)**
<https://tenantrights.ca/handbooks/saskatchewan.pdf>

5. Health, Safety & Food Safety

- **Food safety guidance**
Saskatchewan Health Authority
<https://www.saskhealthauthority.ca/your-health/conditions-diseases-services/food-safety>

6. Workplace Safety & Rights

- **Worker duties and rights in Saskatchewan**
<https://www.saskatchewan.ca/business/safety-in-the-workplace/rights-and-responsibilities-in-the-workplace/duties-and-rights-of-workers>

7. Public Safety, Emergency Management & 911

- **Emergency management, wildfire response, fire safety, and 911 dispatch**
Saskatchewan Public Safety Agency
<https://www.saskpublicsafety.ca>

8. Community Safety & Youth Programs

- **Building Safer Communities initiatives**
<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/saskatchewan-health-initiatives/saskatchewan-children-and-youth-strategy/building-safer-communities>

9. 2SLGBTQ+ Supports

- **Programs and community supports in Saskatchewan**
Saskatchewan Intercultural Association
https://saskintercultural.org/cultural_resources/2slgbtq/

10. Animal Welfare & Rescue Services

- **Saskatchewan SPCA**
Saskatchewan SPCA
<https://saskspca.ca>
- **Animal rescue services**
New Hope Dog Rescue
<https://www.newhoperescue.org>

11. Additional Community Legal & Safety Resources

- **Handbook of community & Justice resources**
https://www.classiclaw.ca/files/Rehabilitative_Alternatives_to_Incarceration_Revised_12-19-24.pdf
- **Talking Stick**
Indigenous Peer Support Chat (confidential)
<https://my.talkingstick.app>

12. Contact information for Friendship Centres in Saskatchewan

Aboriginal Friendship Centres of Saskatchewan, Saskatoon, SK. **306-955-0762**

Battleford Indian and Metis Friendship Centre, North Battleford, SK. **306-445-8216**

Buffalo Narrows Friendship Centre, Buffalo Narrows, SK. **306-235-4633**

Kikinahk Friendship Centre, La Ronge, SK. **306-425-2051**

La Loche Friendship Centre, La Loche, SK. **306-822-2606**

Newo Yotina Friendship Centre, Regina, SK. **306-525-5042**

Northwest Friendship Centre, Meadow Lake **306-236-3766**

Prince Albert Indian and Metis Friendship Centre, Prince Albert, SK. **306-764-3431**

Qu'Appelle Valley Friendship Centre, Fort Qu'Appelle, SK. **306-332-5616**

Saskatoon Indian and Metis Friendship Centre, Saskatoon, SK. **306-244-0174**

Yorkton Indigenous Friendship Centre, Yorkton SK. **306-786-1806**

Saskatchewan Emergency/Crisis Helplines

<p>PROVINCIAL EMERGENCY CRISIS HELPLINES</p>	<p>FIRE/AMBULANCE/POLICE 911 Rural RCMP Emergencies Only 306-310-7267 211Saskatchewan Call 2-1-1 or Text “Hello” to 2-1-1 Saskatchewan Health Line 811 Saskatchewan Poison Control Centre 1-866-454-1212 988 Suicide & Crisis Lifeline Call or Text 988 Kids Help Phone (24 hrs) 1-800-668-6868 or Text “Connect” to 686868 Saskatchewan Farm Stress Line (24 hrs) 1-800-667-4442 Veterans Crisis Help Line Canada 1-800-268-7708 MMIWG2S+ Support line 1-844-413-6649 Canadian Human Trafficking Hotline 1-833-900-1010 First Nations & Inuit Wellness Help Line 1-800-242-3310 Hope for Wellness Indigenous Support line 1-855-242-3310 Residential School Survivor Support line 1-866-925-4419 Women’s Abuse Crisis Line (24 hrs) 1-888-338-0880 Trans Lifeline 1-877-330-6366 Legal Aid Saskatchewan 1-800-667-3764 Pro Bono Law Saskatchewan 1-855-833-PBLS (7257) Saskatchewan Family Law Information Centre 306-787-5837 John Howard Society of Saskatchewan 1-888-540-7093 Saskatchewan Elizabeth Fry Society 1-888-934-4606 Saskatchewan Human Rights Commission 1-800-667-9249 Saskatchewan Marshals Service 1-833-922-8040 Saskatchewan Mental Health & Addiction Services 1-800-216-7689 Saskatchewan Problem Gambling Line (24 hrs) 1-800-306-6789 Ministry of Social Services – Client Services Centre 1-866-221-5200 Provincial Association of Transition Houses and Services (PATHS) 306-522-3515</p>
<p>SASKATCHEWAN FOOD BANKS</p>	<p>Assiniboia Salvation Army Food Bank, Assiniboia, SK. 306-642-3833 Battlefords District Food & Resource Centre, North Battleford, SK. 306-937-5505 Biggar & District Food For Thought, Biggar, SK. 306-951-7510 Carlyle & District Food Bank, Carlyle, SK. 306-575-9401 Estevan Salvation Army Food Bank, Estevan, SK. 306-634-2074 Foam Lake & Area Food Bank, Foam Lake, SK. 306-414-0003 Fort Food Bank, Fort Qu’Appelle, SK. 306-331-5663 Hudson Bay Family Support Centre, Hudson Bay, SK. 306-865-3064 Humbolt & District Food Bank, Humbolt, SK. 306-231-9970 Kindersley & District Food Bank, Kindersley, SK. 306-462-7022 Lac La Ronge Food Bank, La Ronge, SK. 306-425-1259 Lanigan & District Food Bank Inc., Lanigan, SK. 306-360-7778 Macklin & District Food Bank and Secret Santa Association, Macklin, SK. 306-753-3663 Maple Creek Food Bank & Salvation Army, Maple Creek, SK. 306-662-3871 Meadow Lake Outreach Ministries Door of Hope, Meadow Lake, SK. 306-240-6754 Melfort & Area Food Bank, Melfort, SK. 306-752-4448 Moose Jaw Food Bank, Moose Jaw, SK. 306-692-2911</p>

<p>SASKATCHEWAN FOOD BANKS CONTINUED</p>	<p>Moosomin Food Share, Moosimin, SK. 306-435-2633 Nipawin Salvation Army Food Bank, SK. 306-862-5335 Outlook & District Food Bank, Outlook, SK. 306-222-4708 Prince Albert Food Bank Inc., Prince Albert, SK. 306-763-5040 Regina & District Food Bank Inc., Regina, SK. 306-791-6533 Rocanville Food Share, Rocanville, SK. 306-434-5357 Rosetown & District Food Bank, Rosetown, SK. 306-882-6634 Rosthern Good Neighbours Food Centre, Rosthern, SK. 306-232-5623 Saskatoon Food Bank and Learning Centre, Saskatoon, SK. 306-664-6565 Swift Current Salvation Army, Swift Current, SK. 306-778-0515 Tisdale Salvation Army Food Bank, Tisdale, SK. 306-227-7745 Turtle River Food Bank, Turtleford, SK. 306-845-2745 Wadena Food Bank, Wadena, SK. 306-338-8702 or 306-338-7989 Watrous & District Food Bank, Watrous, SK. 306-946-3785 Weyburn Salvation Army, Weyburn, SK. 306-842-2280 Wynyard & District Food Bank, Wynyard, SK. 306-554-3663 Yorkton Salvation Army Food Bank, Yorkton, SK. 306-783-4650</p>
<p>NORTHERN SASKATCHEWAN</p>	<p>Meadow Lake Robert Simard Treatment Centre 306-236-1546 Northeast Outreach & Support Services 1-800-611-6349 Piwapan Women’s Centre Crisis Line 306-425-4090 Prince Albert Child Protection line 1-866-719-6164 Prince Albert Detox Centre 306-765-6700 Prince Albert Mobile Crisis 306-764-1011 Prince Albert Sexual Assault Centre 306-764-1039</p>
<p>CENTRAL SASKATCHEWAN</p>	<p>Crisis text line (24 hrs) Text “Home” to 74174 Community Legal Services for Saskatoon Inner City Inc. (CLASSIC) 306-657-6100 Kindersley West Central Crisis Family Support Centre 306-463-1860 Saskatoon Child Protection line 1-800-274-8297 Saskatoon Interval House 1-888-338-0880 Saskatoon Mobile Crisis 306-933-6200 Saskatoon Sexual Assault & Crisis Line (24 hrs) 306-244-2224 Out Saskatoon 306-665-1224 New Hope Dog Rescue – Animal Safekeeping Program 306-382-7316</p>
<p>SOUTHERN SASKATCHEWAN</p>	<p>Lawyer Referral Services, Law Society of Saskatchewan – Regina 306-569-8242 Moose Jaw Transition House 306-693-6511 Moose Jaw Wakamow Manor Social Detox 306-694-4030 Regina Brief and Social Detox 306-766-6600 Regina Child Protection line 1-844-787-3760 Regina Mobile Crisis 306-757-0127 Regina Sexual Assault Centre 1-844-952-0434 Southwest Crisis Services 1-800-567-3334</p>

<p>Saskatchewan Health Authority Mental Health Phone Numbers</p>	<p>Athabasca Health Authority</p> <ul style="list-style-type: none"> • General Inquiries 306-439-2200 <p>Cypress Health Region</p> <ul style="list-style-type: none"> • Centralized Intake 1-877-329-0005 <p>Five Hills Health Region</p> <ul style="list-style-type: none"> • Centralized Intake 306-691-6464 <p>Heartland Health Region</p> <ul style="list-style-type: none"> • Centralized Intake 1-866-268-9139 <p>Keewatin Yatthé Health Region</p> <ul style="list-style-type: none"> • Beauval 306-288-4800 • La Loche 306-822-8800 <p>Kelsey Trail Health Region</p> <ul style="list-style-type: none"> • Centralized Intake 306-752-8767 <p>Mamawetan Churchill River Health Region</p> <ul style="list-style-type: none"> • La Ronge 306-425-2422 <p>Prairie North Health Region</p> <ul style="list-style-type: none"> • Battleford 306-446-6500 • Lloydminster 306-820-6250 • Meadow Lake 306-236-1580 <p>Prince Albert Parkland Health Region</p> <ul style="list-style-type: none"> • Prince Albert 306-765-6055 or 1-888-765-6055 • Spiritwood 306-883-4462 <p>Regina Qu'Appelle Health Region</p> <ul style="list-style-type: none"> • Regina 306-766-7800 <p>Saskatoon Health Region</p> <ul style="list-style-type: none"> • Saskatoon 306-655-7777 • Saskatoon Rural <ul style="list-style-type: none"> ○ Humboldt, Wadena 306-682-5333 ○ Lanigan, Watrous, Wynyard, Nokomis 1-888-989-8444 ○ Rosthern 1-833-274-4060 ○ Wakaw 306-233-4020 <p>Sun Country Health Region</p> <ul style="list-style-type: none"> • Centralized Intake 306-842-8665 or 1-800-216-7689 <p>Sunrise Health Region</p> <ul style="list-style-type: none"> • Centralized Intake 306-786-0558
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Safe Space Strategy