

RESOURCE LIST: Community Supports: Saskatoon, Saskatchewan

CENTRALIZED INTAKE 306-655-7777 Addictions, family support groups: depression, anxiety, postpartum anxiety/depression, grief, Concurrent Disorders Program, peer support	International Women of Saskatoon 306-978-6611 iwssaskatoon.org Supports, training: youth, seniors, women, community partnership, Just4Women program	Family Services Sask 306-244-0127 Rapid Access Counselling www.counsellingconnectsask.ca Free Individuals, families, teens, groups, young parents, partner violence, youth	Emergency Wellness Centre (Saskatoon Tribal Council) 306-249-5426. 415 Fairmont Drive Cultural, mental health, addictions
RAAM (Rapid Assessment Addictions) 306-655-5754, St. Paul's Hospital; M-F, 10am-6pm (Emerg entrance). Team-based, care plan fits needs, goals; connect to community care	Sexual Assault and Info Centre 306-244-2294, ssaic.ca (Crisis: 306-244-2224. 506 25 St E, Suite 201 Saskatoon Crisis Nursery 306-242-2433	Families Matter Group 306-384-9333. Must register familiesmatter@cmhasaskatoon.ca strength-based, family-centered, build capacity and resilience	HopeForWellness.ca 1-855-242-3310 Indigenous people across Canada Non Insured Benefits (Treaty, Inuit) 1-866-885-3933 Counseling, supplies/transport
SMART Recovery (Addictions) Canadian Mental Health Association 306.384.9333 general questions info@cmhasaskatoon.ca gain independence from addictive behaviors (by apt 1301 Ave P N) Mobile Crisis 306.933.6200	Grief: Cornerstone Church 306-931-4949, Elim 306-374-1700, Emmanuel Baptist 306-477-1234. Saskatoon Funeral Home 306-244-557. Regina: Caring Hearts 306-523-2780. Regina Palliative Care www.caringheartssk.ca (Shelley), weekend youth camps	Carter House thecarterhouse.net Fax: 1-306-206-0577 Trauma informed, evidence based family treatment program for families Family Support Group (SHA) CENTRALIZED INTAKE 306-655-7777 Supporting family members in crisis	Jordan's Principle (Saskatoon Tribal Council) 1-833-355-5501 JPApplications@SKTC.sk.ca Funding for status children, ages 0-18y with identified need for clothing, furniture, bills Additional services for children
McKerracher Recovery Program 306-655-4590 (SHA). Educational, recreational, social groups enhance coping skills and quality of life	Men's Support Network www.evolvecounsellingyxe.com/about-3-1 confidential, open to all ID as male join any or all 8 sessions, no cost	Catholic Family Svcs 306-244-7773 <i>Now Navara Community Connections;</i> Income-based: <\$60K (\$25 fee), \$60-80K (\$50 fee); >\$80K (\$125 fee)	Sawēyihotān – Supportive Family Housing – Kotawān I & II 306-668-1189 SaweyihotatanReferrals@SKTC.sk.ca
Prairie Harm Reduction 1516 20th St W. 306-242-5005. Families: 306-979-4156. Drop in: NP, nurse, elder, housing; pet therapy, Emergency Assistance Fund, safe consumption	Men's Mental Health Group cmhasaskatoon.ca/programs/support-groups mensmentalhealth.sk306@yahoo.com (Rob Bagley) positive atmosphere; listen, understand, validate, respect	Divorce Support Groups: Circle Drive Alliance 306-373-5445, Elim (online), 306-631-8784, Ebenezer Baptist, 306-249-0084, 7 th Day Adventist 306-850-8727	Depression Support Group cmhasaskatoon.ca. Free, casual drop in, non-professional, therapy dog (confidential, meeting for >3y), Marilyn 306-270-9181, le2003_2@yahoo.com
Calder Centre (MHAS Centralized Intake 306-655-4500; Youth (12-18y): 306-655-4526). Addictions counselor referral. Inpatient, substance, recovery	OUTSaskatoon, book 306-665-1224, OutSaskatoon.ca Groups, counseling, supports, workshops, training	Centre for Addiction & Mental Health (CAMH) www.camh.ca Depression & Anxiety Guides for patients & families	Challenging Anxiety Virtual Group 306-655-8877 AdultQueenSt@saskhealthauthority.ca Drop in, online
Possibilities Recovery Center 306-242-7023, adult, youth Based on CLARE Matrix Model Edgewood Intensive Outpatient Program 1-866-867-6201 DBT, CBT, ACT, trauma informed	Outreach Services 306.657.8556 or 306.657.8768. Meet workers at Frances Morrison Central Library, Dr. Freda Ahenakew Library. Help with housing, mental health, addictions, crisis support, employment, income	Love My Mind www.lovemymind.ca Saskatoon counsellor list, bios Anxiety Support Group 306-384-9333 ext. 231, dwake@cmhasaskatoon.ca cmhasaskatoon.ca/programs/support-groups drop-in, in-person group	Dialectical Behavior Therapy (DBT) CENTRALIZED INTAKE 306-655-7777 Practice DBT skills; 2h/wk, 16wks Online DBT Skills 306-664-6647 www.saskatoonpsychology.ca (private, Saskatoon Psychology), 18+
Brief/Social Detox 306-655-4195 (SHA) safe place to sleep under influence, supervised Approx 12h, staffed by EMTRecoverly based program, focused on physical w/d symptom management	Alcoholics Anon. 306-665-6727 Al-Anon. 306-665-3838 Narcotics Anon. 306-652-5216 Gambling Helpline 1-800-306-6789 Gamblers Anon. Self help group 306-370-0124, 24/7	Summit Outreach and Counseling facebook.com/summithypnocounsel/ Activities, program (12-26y) Crocus Co-op 306-655-4970 www.crocuscooperative.org Mental health, community, member based	Online Therapy User www.onlinetherapyuser.ca Use your Sask Health Card University of Regina 8wk CBT course, weekly check ins with a psychologist

ONLINE SUPPORT & LEARNING

The Hope Learning skhopelearningcentre.ca/hope-learning-centre-course-library , >30 free classes on many mental health subjects
E-couch https://ecouch.anu.edu.au/welcome Free evidence-based info re emotional problems, preventing moving forward
Living Life to the Full www.lltff.com Free life skills course, helps tackle and respond to daily demands and issues
Here to Help www.heretohelp.bc.ca BC-based website that includes tool kits, fact sheets, and discussion forums
Help Guide www.helpguide.org Expert articles, tips, and range of mental and emotional health topics
The STEPS website http://wellbeing-glasgow.org.uk/support Ideas on how best to tackle common stressors using CBT
Get Self Help http://www.getselfhelp.co.uk/cbtstep1.htm Mini 7-step self-help course based on CBT, can be applied to mental health
MoodGym moodgym.anu.edu.au/welcome cognitive behavioural skills to prevent, decrease depressive symptoms, free
MoodSwings www.moodswings.net.au Online self-help tool for people with bipolar disorder
Mood Disorders Society of Canada www.mooddisorderscanada.ca Info, resources, discussion forums on mood disorders for Canadians
The Depression Center depressioncenter.net Tools to overcome depression, online support group
Depression coping cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=37 free self-help modules help cope with depression and manage your mood
AnxietyBC www.anxietybc.com Self-help information and programs related to the management of anxiety
Mastering Your Worry www.cci.health.wa.gov.au Free self-help worrying and generalized anxiety disorder modules, strategies
Panic Attacks www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=44 Coping with free self-help modules, strategies for panic and anxiety
Panic Center www.paniccenter.net Personalized, interactive tools to help challenge and overcome panic
AnxietyBC www.anxietybc.com Generalized Anxiety Disorder, Panic Disorder links, self-help
Schizophrenia Society of Saskatchewan www.schizophrenia.sk.ca
Incredible Parent Directory saskatoonhealthregion.ca/Pages/Incredible-Parent-Directory.aspx
Triple P Parenting www.triplep-parenting.ca/ca/parenting-courses Parenting tips, courses, range of ages, skills, strategies, development
TotallyADD.com ADD webpage support group
Sleep: Sleepwithmepodcast.com , Mysleepwell.ca , Sleepeducation.org , Css-scs.ca
TOOLKIT rxfiles.ca/rxfiles/uploads/documents/tool-mental-health-toolkit.pdf

EMERGENCY & SUPPORT LINES

- **Mobile Crisis** 306-933-6200; Healthline, 811
- **Crisis Services Canada** 1-833-456-4566 (chat and text options)
- **Canadian Human Trafficking Hotline** 1-833-900-1010
- **YWCA Crisis Shelter** 306-244-2844
- **988 Suicide Crisis Helpline** (talk & text)
- **Kids Help Phone** 1-800-668-6868 (chat options)
- **Assaulted Women's Helpline** 1-866-863-0511
- **Interval House: Women's Crisis** 1-888-338-0880; refer 306-244-0185
- **Saskatoon Abortion Support Network** <https://sasn.ca>
- **Out Saskatoon** (LGBTQ+ support) 1-800-358-1833
- **Trans Lifeline** (Transgender Helpline) 1-877-330-6366
- **Police NON-EMERGENCY** 306-975-8300
- **Classic Legal Support** 306-657-6100. www.ClassicLaw.ca 123-20 St W
- **Legal Aid Sask** 1-800-667-3764

DOMESTIC ABUSE SUPPORTS

- **Domestic Violence Court Worker** 306-975-8212
- **Victim Services** 306-975-8400
- **Saskatoon Tribal Council (Request Support Worker)** 306-956-6100
- **Family Services Saskatoon** 306-244-0127

SASKATCHEWAN AND FEDERAL HOTLINES

- **First Nations and Inuit Hope for Wellness** Help Line 1-855-242-3310
- **Indian Residential School Survivors Society** 1-800-721-0066
- **Saweyihtotan Outreach** 306-380-0835, 306-381-4917
- **Veterans Hotline** 1-800-268-7708
- **Saskatchewan Farm Stress Line** 1-800-667-4442
- **Muslim Women's Helpline** 1-888-315-6472
- **Seniors Information Line** 1-888-823-2211

CLINICS

- **Sexual Health Clinic** 306-655-4642, free screening, contraception
- **Sexual Health Center** 306-244-7989, advice, free STI screening, referrals
- **Bridgepoint Center Eating Disorders** 306-935-2240 bridgepoint@sasktel.net
- **Saskatoon Community Clinic** 306-652-0300
- **Westside Community Clinic** 306-644-4310
- **UofS Student Wellness** 306-966-5768, Place Riel Student Center
- **Groups:** Nourished stoonrmt.com/nourished; subsidized parent counseling: mothermayi.ca/apply-for-subsidized-counselling

EMERGENCY DEPARTMENT REFERRALS ONLY (CANNOT ACCESS THROUGH COMMUNITY)



Rapid Assessment Clinic: Short-term psychiatric care. If patient hasn't received call in 7 days, call 306-844-1079. If canceling appointment, must give 48h notice. If longer psychiatric care is required, a referral will be sent to the pooled referral. A psychiatrist will see the patient in approx. 3-4 wk (occasionally wait up to 6 wk). They need to have a GP, if they don't have one, they will need to find one. If the clinic cannot contact patient in 3 tries or they do not contact clinic within 2 weeks, the referral will no longer be active. A second referral will not be accepted.

Transition Team 306-321-4528

RPN (Registered Psychiatric Nurse) or SW (Social Worker) who will call to check in with the patient for a limited time after discharge from ED or an inpatient unit. They can help get the patient to connected with other resources in the community if required. The number will show up as Unknown Name, they will leave up to 3 messages and, if they do not hear back from you, will send one letter. If no response to this, they will close the patient's file.

[Mental Health Resource Toolkit](https://www.rxfiles.ca/rxfiles/uploads/documents/tool-mental-health-toolkit.pdf) (https://www.rxfiles.ca/rxfiles/uploads/documents/tool-mental-health-toolkit.pdf)

Mental Health Resource Toolkit	
Support pathways and non-medication options to help manage depression, anxiety, and other mental health conditions	
Suicide Risk Assessment: Just Ask. You can save a life.	
Columbia-Suicide Severity Rating Scale (C-SSRS)	
Always ask questions 1 and 2.	Call 9-1-1 Emergency line if you or someone else is at immediate risk of harm
1) Have you wished you were dead or wished you could go to sleep and not wake up?	Canadian Suicide Crisis Helpline – 24/7 access to support in English or French
2) Have you actually had any thoughts about killing yourself?	Call or text: 9-8-8, visit: www.talksuicide.ca
If YES to 2, ask questions 3, 4, 5 and 6. If NO to 2, skip to question 6.	Call 8-1-1 Healthline Saskatchewan
3) Have you been thinking about how you might do this?	Confidential, 24/7 health and mental health and addictions advice, education and support telephone line. It is staffed by experienced and specially trained Registered Nurses, Registered Psychiatric Nurses, and Registered Social Workers
4) Have you had these thoughts and had some intention of acting on them?	Call 2-1-1 Saskatchewan or visit https://sk.211.ca/
5) Have you started to work out or worked out the details of how to kill yourself? Did you intend to carry out this plan?	Confidential, 24/7 service that connects individuals to human services in the province by telephone, text, or web chat, plus a searchable website with over 6,000 listings of services
Always Ask Question 6	Find mobile crisis services nearest you: https://sk.211.ca/emergency-crisis-hotlines/
6) Have you done anything, started to do anything, or prepared to do anything to end your life? Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.	Offers Farm Stress Line for supporting farmers and ranchers: 1-800-667-4442
Any YES indicates that someone should seek behavioral healthcare. However, if the answer to 3, 4, 5 or 6 is YES, call 911 or go to the emergency rooms.	Find and visit the nearest mental health facility in SK: https://www.saskatchewan.ca/residents/health/accessing-health-care-services/health-care-facilities
https://cssrs.columbia.edu	Hope for Wellness Helpline for Indigenous peoples in Canada
	Upon request, phone support can be provided in English, French, Cree, Ojibway and Inuktitut.
	Phone: 1-855-242-3310; Chat: www.hopeforwellness.ca
	Indian Residential Schools Crisis Line : 1-800-721-0066
EDUCATION, INFORMATION, & PEER SUPPORTS	
Depression 101 Course DEPRESSION A guide to depression for patients (including youth) or caregivers by the Centre for Addiction and Mental Health (CAMH).	FREE online course; approx. 20 min to complete https://moodle8.camh.ca/moodle/course/view.php?id=10
Your Journey with Mental Illness DEPRESSION, ANXIETY & MORE Information on understanding and navigating a mental illness diagnosis by the National Alliance on Mental Illness (NAMI).	FREE written educational materials, printable https://nami.org/Your-Journey/Individuals-with-Mental-Illness
Here to Help BC DEPRESSION, ANXIETY & MORE Mental health and substance use information (Q&A, personal stories, education, supports).	FREE resource library, printable sheets https://www.heretohelp.bc.ca/
Canadian Mental Health Association (CMHA) DEPRESSION, ANXIETY & MORE In-person and virtual support groups through local CMHA locations. e.g. Saskatoon, SK: McKerracher Centre Recovery Program support and social groups	FREE, various support group options https://cmha.ca/find-help/find-cmha-in-your-area/ 2302 Arlington Ave, 306-655-4590; link to brochure
Talking Stick App DEPRESSION, ANXIETY & MORE Confidential, texting-based peer support for Indigenous Canadians	FREE (from Federation of Sovereign Indigenous Nations) https://tiny.talkingstick.app/guest/home
GUIDED SELF-HELP	
Wellness Together Canada (Government of Canada) DEPRESSION, ANXIETY & MORE Learning, practices, support groups, interactive tools, and virtual counselling services.	FREE membership https://www.wellnesstogether.ca/en-ca
Acceptance and Commitment Therapy DEPRESSION, ANXIETY & MORE ACT Mindfully by Russ Harris - AUS/NZ Workshops and resources for psychological therapy; books, media, worksheets.	FREE printable worksheets; PAID workshops; app membership \$1.29/mon or \$13.99 lifetime https://www.actmindfully.com.au/
HeadSpace Meditation GENERAL WELLNESS Application/website guided meditation therapy to help with mindfulness, sleep and stress.	Guided practices and supporting info (\$7.50 CAD/mon) https://www.headspace.com/
MindShift App (Anxiety Canada) ANXIETY Uses cognitive behavioural therapy principles to help reframe thinking and manage anxiety.	FREE membership https://www.anxietycanada.com/resources/mindshift-cbt/
Three Good Things Practice GENERAL WELLNESS Guided, science-based practices for a meaningful life by the Greater Good Science Center at UC Berkeley.	FREE membership (access to courses, articles, webinars, events, podcasts) https://ggsc.berkeley.edu/
PROFESSIONAL COUNSELLING	
Find a counsellor DEPRESSION, ANXIETY & MORE Find a counsellor online by searching "counsellor" or "therapist" near me on Google/maps.	PAID services https://sk.211.ca/ https://www.psychologytoday.ca/ca/therapists/saskatchewan
Counselling Connect Sask DEPRESSION, ANXIETY & MORE Rapid Access Counselling Program is delivered through a partnership of member agencies in communities across Saskatchewan. Request in-person or virtual appointments.	FREE (from Sask Health Authority, 6+ yrs) https://www.counsellingconnectsask.ca/

Kids Help Phone DEPRESSION, ANXIETY & MORE Information, skill-building, crisis support, virtual counselling.	
*Mindshift Group Therapy (Anxiety Canada) ANXIETY Online, group-based, therapist-assisted CBT for anxiety.	FREE Phone 1-800-668-6868, text 686868 or chat online. https://kidshelpline.ca/ \$490 per 8 wk program https://www.anxietycanada.com/mindshift-groups/
Affordable Therapy Network Canada DEPRESSION, ANXIETY & MORE Online database of therapists across Canada offering low cost and sliding scale access to virtual counselling. Select provinces also offer in-person appointments.	PAID service (low-cost options available) https://affordabletherapynetwork.com/online-therapists/
MindBeacon DEPRESSION, ANXIETY & MORE Access to virtual counselling visits with social workers, psychotherapists, or psychologists.	\$130-195 per 1hr session (Canadians 16+ yrs) https://www.mindbeacon.com/live-sessions
STRUCTURED PSYCHOTHERAPY * = evidence-based cognitive behavioural therapy (CBT) options available	
*Referral to a psychologist DEPRESSION, ANXIETY & MORE Ask for a referral through your family doctor or other medical provider(s).	PAID services
*CBT Online with Wellbeing Program DEPRESSION, ANXIETY & MORE Online, therapist-assisted course to work through CBT techniques for depression or anxiety (requires self-motivation; evidence based and can be very helpful).	FREE (SK residents 18+) online course https://www.onlinetherapyuser.ca/wellbeing-program
*BounceBack by Bell – Let's Talk DEPRESSION & ANXIETY Skill-building program designed to help manage mild to moderate depression and anxiety symptoms. Delivered over the phone with a coach and through online videos.	FREE, self-guided program with regular calls with coach (~20min every 2-3 weeks) (15+ yrs) https://bounceback.cmha.ca/welcome/
*Kelly's Key Online Therapy (Vancouver Coastal Health) DEPRESSION, ANXIETY & MORE Self-help or guided therapy based in CBT (includes problem solving, thought challenging, core beliefs, medication information, and tools).	FREE online modules and email interaction https://www.kellyskey.com/
*MindBeacon DEPRESSION, ANXIETY & MORE Therapist-guided, online CBT courses available to Canadians.	\$525 per 12 wk program (Canadians 16+ yrs) https://www.mindbeacon.com/guided-cbt-programs
*Moodgym DEPRESSION & ANXIETY Five interactive, online modules that provide training in CBT, facilitate worksheets, and give personalized feedback (designed for mild depression/anxiety).	\$38/year https://moodgym.com.au/
*Centre for Mindfulness DEPRESSION, ANXIETY & MORE Offers a variety of meditations based in mindfulness CBT techniques.	FREE app; PAID online learning programs available https://www.mindfulnessstudies.com/personal/online-programs/
*My Anxiety Plan Online Courses (Anxiety Canada) ANXIETY 4-hour online modules children, teens and adults that provide training in CBT for anxiety.	FREE online courses https://maps.anxietycanada.com/
*Taming Worry Dragons ANXIETY CBT-based manuals and workbooks for children, teens and parents.	\$10-20/book https://twid.kellymentalhealth.ca/
Dialectical Behavior Therapy (DBT) Online DEPRESSION, ANXIETY & MORE Four online modules focusing on mindfulness, distress tolerance, emotional regulation, and interpersonal skills. Incorporates and adds to many CBT core principles.	FREE online modules and worksheets https://dialecticalbehaviortherapy.com/
Cognitive Behavioural Therapy for Insomnia (CBT-I) INSOMNIA * My Sleep Well: education, resources, online modules, and other tools for insomnia * CBT-I program through Medication Assessment Centre at University of Saskatchewan	FREE online resources: https://mysleepwell.ca/ PAID therapist-guided program (\$120 initial, \$60 per f/u): https://pharmacy.nutrition.usask.ca/mac/sleepclinic.php
OTHER	
PODCASTS • https://www.verywellmind.com/podcasts-to-listen-to-if-you-have-depression-3104728 • https://www.choosetherapy.com/depression-podcasts/ • https://www.goodhousekeeping.com/health/wellness/a39754351/best-mental-health-podcasts/	APPLICATIONS • Moodfx: interactive mood tracking application. https://moodfx.ca/About-Us
BOOKS • https://www.healthline.com/health/depression/best-books-depression-how-we-choose • https://markmanson.net/s-books-for-dealing-with-anxiety-and-depression • https://www.verywellmind.com/best-books-for-depression-5094535 • https://www.verywellmind.com/best-books-for-anxiety-4692735	PROGRAMS • Canadian Red Cross Friendly Calls Program: be matched with trained volunteers who will provide regular check-in calls, support, and resources. https://www.redcross.ca/how-we-help/community-health-services-in-canada/friendly-calls-program
OTHER STRATEGIES FOR HOLISTIC HEALTH:	
• Physical activity: 30 minutes of moderate-intensity activity 2-3 times per week is an effective first-line treatment for depression. Check out www.exercisepandepression.ca for more information and a downloadable toolkit to help get you started! • Try experiencing nature, purposeful activities, healthy eating habits, yoga or other meditation, spirituality and faith communities, cultural engagement, and many others!	
Check out the RxFiles Prescription Pad for Non-Drug Treatment to Improve Mental Health	
	
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