

Resources for Personal and Community Assistance - Mental Health

For Immediate Help

Candle Lake Health Center – 1-306-929-2414

Monday – Friday 8:00 Am to 4:30 PM

Same Day urgent appointments will be accommodated.

Emergency and Disaster Services - Red Cross 1-888-800-6493.

In partnership with first responders, emergency managers, public officials, and in collaboration with other voluntary sector organizations, the Canadian Red Cross may provide emergency and disaster services such as emergency lodging, reception and information, emergency food, emergency clothing, personal services and family reunification services. If you have been affected by a personal disaster, such as a house fire, contact us

2-1-1 Re: Connect Dial 211 - select option 5 to “Reconnect Telephone based counselling” You have immediate access to a personal counselling session (approximately 30 minutes of immediate help) available 24/7 to connect you to the support you need. Free, Confidential and non-judgemental assistance. Website - <https://reconnect.sk.211.ca/>

Provides immediate access to 30-minute single session counselling over the phone for people who are presenting with:

- Depression
- Anxiety
- General life stress
- Work stress
- Relationship and family stress
- Addictions
- Anger
- Historical or current intimate partner or family violence.

9-8-8 - Suicide Help Line with immediate access to a Mental Health Counsellor for any urgent need of assistance.

Mental Health Support (For Kids and Young Adults)

Provides free, confidential, 24/7 mental health support for kids, teens and young adults.

Professional counsellors offer assistance in English and French.

Kids Help Phone - Call 1 800- 668- 6868 or text 686868

- Phone service is offered in over 100 languages with the help of trained interpreters.

Text CONNECT to start chat or text 686868 - To Message Online –

Visit the website - www.kidshelpphone.ca Live chat provides the opportunity to share what's on your mind in writing. Visit the website for more information.

Or Email: info@kidshelpphone.ca

Hope for Wellness Helpline - 1-855-242-3310 (Indigenous specific)

Whether you prefer to talk to someone on the phone or online. Hope for Wellness Helpline is available 24/7 to all Indigenous people across Canada.

Victoria Hospital Emergency – Prince Albert

Attend in person

For EMS, MFR and Service Workers**Psychological First Aid -Red Cross**

<https://www.redcross.ca/training-and-certification/course-descriptions/psychological-first-aid>

Psychological First Aid (PFA) is about taking care of yourself – your thoughts, feelings and emotions when you have experienced stress, crisis or trauma – and then being there for family, friends and community when they are having difficulty coping.

Learn how to anticipate stress and crisis whenever possible and equip yourself with the skillset to practice self-care and to provide care for others during particularly challenging times. Unlike mental health first aid, which trains people to help someone during a mental health emergency, Red Cross Psychological First Aid teaches you how to build up resiliency to stress and establish coping strategies for stress and trauma.

Teaches coping strategies to prevent, identify and deal with stressful events.

-Psychological First Aid

Toll free 1-877-356-3226

Website: [redcross.ca/training-and-certification/course-descriptions/psychological-first-aid/psychological-first-aid](https://www.redcross.ca/training-and-certification/course-descriptions/psychological-first-aid/psychological-first-aid)

Minimal Fees: more information on website

Coverage Areas SK - Province wide

Facebook Link: facebook.com/canadianredcross

Offered at Site: Online Resource

Website: [redcross.ca](https://www.redcross.ca)

Email: WeCare@redcross.ca

Osi-Can - Operational/Occupational Stress Injury Canada 1-888- 495- 6068

For veterans, first responders and public safety personnel. Has many services for individuals and organizations

<https://www.osicansk.ca/programs>

OSI-CAN provides Peer Support Groups for our target demographic, Military and Public Safety Personnel. Operational Stress Injuries / Post Traumatic Stress Disorder can occur when a person directly experiences or witnesses a traumatic event. This can also happen with repeated exposure to traumatic situations and details.

There are many resources on this website - Check out <https://cmha.ca/resilient-minds/> **Building the Psychological Strength of First Responders** A trauma and evidence-informed, peer-led

psychological health awareness training program designed by and for first responders across Canada.

Other Counselling Services

Bounce Back 1-855-873-0013

Offers FREE, low-intensity, highly accessible, virtual or telephone coaching for youth age 15 and older. Helps manage low mood, mild to moderate depression, anxiety, stress, or worry and helps build skills to improve one's mental health. Duration of the program is approximately two to three months and a maximum of six guided sessions.

Free-of-Charge Counselling 1-778-200-7823

Helps individuals find free-of-charge counselling with a minimal waitlist. Offered Canada-wide and open to all backgrounds, beyond the disadvantaged or non-disadvantaged criteria. Counselling sessions are 45 minutes (video call or phone call). Counsellors are committed to providing 12 sessions or more of free counselling to each client. Offered in multiple languages.

Provides counselling for individuals, couples and families on issues such as:

- Relationships
- Personal issues
- Family Issues
- Addictions (assessment/recovery/relapse prevention)
- Depression and Anxiety
- Domestic Violence - working with abusers and/or victims
- First Nations issues
- Grief and Loss
- Stress Management
- Separation/Divorce
- Self Esteem
- Trauma / post-traumatic stress disorder (PTSD).

NOTE: Provided by Volunteer Counsellors or Referral Affiliate Student Counsellors who are professionally supervised and near the end of their journey to being accredited. Visit the website for more information.

Phone Numbers

Alternate Phone 778-200-7823 Business 647-490-2992

Website: www.freecounsellingcanada.ca/

Email: Teamlead@freecounsellingcanada.ca

Counselling Connect Saskatchewan - Rapid Access to Personal Counselling

Book an appointment for an online or in-person counselling session

<https://www.counsellingconnectsask.ca/>

Free Counselling Canada

<https://www.freecounsellingcanada.ca/>

Connect Clients located in Ontario, BC and Canada-wide with 12 sessions and more free-of-charge (video call or phone call) individual, couple and family counselling with minimal waitlist.

If you want to seek help for free-of-charge counselling, please call, text or email us: (647) 490-2992; (778) 200-7823.

The Royal - Mental Health Care 1-800-987-6424

<https://www.theroyal.ca/need-help> Has many resources, programs, and self-help apps
Peer Support Groups 888-718-3661

Mental Wellness Apps - A program of: The Royal - Mental Health Care

Offers mobile apps to bring comprehensive mental wellness to all. Promotes stress reduction, which promotes good brain health, giving access to mental health information.

Visit website for more information and a demonstration video.

- HealthyMinds

- OSI Connect

Phone Numbers Toll free 1-800-987-6424 TTY 1-800-855-0511

Website: [theroyal.ca/mental-health-centre/apps/](https://www.theroyal.ca/mental-health-centre/apps/)

Languages Offered English

Fees No fees.

Application Process

Documents Required

Coverage Areas

SK - Province wide

Pay what you can - Virtual Peer Support Groups

<https://www.paywhatyoucanpeersupport.com/>

Offers over 25 online, peer support groups that span a broad variety of topics, from specific diagnoses to more general issues that people often struggle with. Groups are facilitated by a moderator. Includes:

- ADHD Peer Support Group

- Anxiety and Stress

- Autism - Finding Your Fit

- Autism and Neuro-divergent Parent Support Group

- Bipolar Group - Managing & Living Your Best Life

- Dealing with Depression, Boredom & Loneliness

- Eating Disorders

- Find Your Next Step - Life Design and Direction

- Grief Support Group for Death and Loss

- Healing and Recovery from Trauma & PTSD

- Living with Chronic Pain, Illness & Disability

- (Anonymous) Human Trafficking Survivors' Online Support Group

- OCD - Obsessive and Intrusive Thoughts and more.

Visit the website for a list of Peer Support Groups.

Anxiety Canada

1-604-620-0744

Website www.anxietycanada.com

Email media@anxietycanada.com

A non-profit organization that was created to raise awareness about anxiety and support access to proven resources and treatment. Provides free, online self-help and evidence-based tools to help manage anxiety, including:

- MindShift CBT - Anxiety App
- CBT-Based Group Therapy
- Free, Online Self-Help Courses
- Free Downloadable PDF Resources
- Educational Videos - Anxiety Cartoons for Kids and more
- The Anxiety Canada Podcast
- Ukraine Resources - War Related Stress Help
- Covid-19 Resources - Cope with Covid-19.

Saskatchewan Mental Health Support Information

Listing of many Saskatchewan Services

A site of: Mood Disorders Society of Canada

Business 613-921-5565

Website: www.mdsc.ca

Email: info@mdsc.ca

For General Information about the Wildfires in Saskatchewan, you can call 1-855-559-5502