



Saskatchewan Mental Health Resources

COVID19:

Location	Name	Description	Contact information
Canada	Jack.org: COVID-19 youth mental health resource hub	Resources for youth related to COVID-19	https://jack.org/covid
Canada	Oaks Mental Health: COVID-19 anxiety	Information for dealing with anxiety related to COVID-19	Phone: 306.914.2150 https://oaksmentalhealth.ca/
Canada	For Like Minds	COVID-19 peer support	https://www.forlikeminds.com/

Help Lines:

Location	Name	Description	Contact information
Saskatchewan	811 Health Link	Free health support and information. Can connect with a registered nurse/health professional	Phone: 811
Canada	Kids Help Phone	Free, 24/7, confidential mental health support for children and young adults	Phone: 1.800.668.6868 Text: 686868
Saskatchewan	Mobile Crisis Helpline	Free, 24/7, confidential crisis support	Phone: 306.757.0127
Northern Saskatchewan	Northeast Crisis Line	Free, 24/7, confidential crisis support	Phone: 1.800.611.6349
Northern Saskatchewan	Piwapan Women's Centre – Crisis Line	Free, 24/7, confidential crisis support	Phone: 306.425.4090
Northern Saskatchewan	Pregnancy Crisis Line	Free, 24/7, confidential pregnancy crisis support	Phone: 306.446.4440
Saskatchewan	Suicide Helpline	Free, 24/7, confidential suicide-related support	Phone: 306.525.5333
Saskatchewan	Problem Gambling Helpline	Free, confidential gambling-related support	Phone: 1.800.306.6789
Saskatchewan	Gamblers Anonymous	Free, confidential gambling-related support	Phone: 1.855.781.9522
Saskatchewan	Farm Stress Line	Provides free, 24/7 mental health support to farmers and ranchers	Phone: 1.800.667.4442
West Central Saskatchewan	West Central Crisis and Family Support Centre	Free, 24/7, confidential crisis support	Phone: 306.463.6655

Online Resources:

Website	Description
<u>HOPE Learning Centre</u>	Helping Others through Peer Support (H.O.P.E.): A learning centre where people who have experienced mental health challenges can offer peer support
<u>211 Saskatchewan: Service Search</u>	Online resource database for information on mental health/addictions support, healthcare, education, housing, employment, etc.
<u>Support groups: eMental Health</u>	Online resource database for finding support groups in your area
<u>Canadian Mental Health Association - SK</u>	Variety of resources related to mental health support
<u>Saskatchewan Alliance for Youth and Community Wellbeing</u>	Mental health support resources for youth and young adults