

## Mental Health Resource List

Resource Name	Phone Number	Website	Programs/Services Offered
811	811	<a href="https://www.saskhealthauthority.ca/Services-Locations/HealthLine">https://www.saskhealthauthority.ca/Services-Locations/HealthLine</a>	health line - 24 hours health and mental health and addictions advice and support telephone line.
211	211	<a href="https://sk.211.ca/">https://sk.211.ca/</a>	list of resources including resources outside Saskatoon
Saskatoon Crisis Intervention Services (Mobile Crisis)	306-933-6200	<a href="http://www.saskatooncrisis.ca">www.saskatooncrisis.ca</a>	24 hours/day free support, Crisis Response, Intensive Case Management, Services to help with Chronic Homelessness
Mental Health Emergency	Call Mobile Crisis at 306-933-6200), or go to Royal University Hospital Emergency Department		For Emergencies (Suicidal, homicidal, Psychosis)
Emergency - Police, Fire and Ambulance	911		Emergency Services- can request PACT – Police and Crisis Team- to respond with a social worker to mental illness crisis
Brief and Social Detox (BDU) and Larson House	306-655-4195		Rest/Recovery from intoxication, BDU offers recovery programs as well
Calder Centre	Referral Only (by Larson House/Brief Detox Unit or addictions worker)		Residential Treatment for Youth and Adults. 28 day treatment program for those 14 days sober.
Centralized Intake and Mental Health and Addictions Services with Sask Health Authority	Centralized intake: 306-655-7777	<a href="http://www.saskhealthauthority.ca">www.saskhealthauthority.ca</a>	Can offer a variety of services for mental health, addictions and gambling
Crocus Co-op	306-655-4970	<a href="http://www.crocuscooperative.org">www.crocuscooperative.org</a>	Co-op for people with history of mental health or disabilities offers drop-in activities, meal program, a work program and informal recreational activities
Drug Information for Consumers	306-966-6378	<a href="http://www.druginfo.usask.ca">www.druginfo.usask.ca</a>	Information to consumers in regards to medications
Family Service Saskatoon	306-244-0127	<a href="http://www.familyservice.sk.ca">www.familyservice.sk.ca</a>	Counselling services, Employee and Family Assistance Programs, Teen and Young Parent Programs, Intimate Partner Violence Outreach, Youth Resilience Program

Early Psychosis Intervention Program	306-655-7777		Support to people between 18 and 35 years of age experiencing psychosis. Can also offer support to family members. Referral by physician
FASD Network	306 975 0886	<a href="http://www.saskfasdnetwork.ca">www.saskfasdnetwork.ca</a>	
Family Service Saskatoon	306 244 0127		offers affordable counselling
Friends and Relatives of People with Mental Illnesses (FROMI)	306-249-0693 or 306-242-7670		Confidential Supportive Network and education
Left Behind Suicide Support Group	<a href="mailto:leftbehind@sasktel.net">leftbehind@sasktel.net</a>		Drop-in support group for individuals who have lost a loved one to suicide.
McKerracher Centre Programs	<a href="tel:306-655-4590">306-655-4590</a>	<a href="http://www.saskhealthauthority.ca">www.saskhealthauthority.ca</a>	Drop-in groups for adults 18+ affected by mental illness.
Mental Health Warrant through Provincial Court	306-933-8080 or 306-933-7658		Legal tool to help someone living with mental illness that is a risk to themselves or someone else
Mood Disorders Support Group	306-979-3758 or 306-717-3246		Support Group for people with Bipolar disorder, depression and other related mental health problems
Peer Support Program	306-655-4590		Support program provided by people with lived experiences with mental health and/or addiction challenges.
Problem Gambling Line	1-800-306-6789		
PTSD Support Group	306-290-9080	<a href="http://www.ptsdsaskatchewan.ca">www.ptsdsaskatchewan.ca</a>	Support Group
Saskatchewan Assured Income for Disability (SAID)	1-888-567-7243 TTY 1-866-995-0099	<a href="http://www.socialservices.gov.sk.ca/SAID">www.socialservices.gov.sk.ca/SAID</a>	income for persons with significant and long-term disabilities
Saskatoon Community Clinic	306-652-0300	<a href="http://www.saskatooncommunityclinic.ca">www.saskatooncommunityclinic.ca</a>	Counsellors, community health nursing, physicians, nutritionist, physiotherapist, pharmacy and other services. Post-Partum Depression Support Group, naloxone kits.
Saskatoon Housing Coalition	306-655-4979	<a href="http://www.saskatoonhousingcoalition.ca">www.saskatoonhousingcoalition.ca</a>	Housing and support services for individuals who have a mental health diagnosis

Schizophrenia Society of Saskatchewan	306-374-3220	<a href="http://www.schizophrenia.sk.ca">www.schizophrenia.sk.ca</a>	Support Groups for people with lived mental health experiences or their family members. Activities for people directly affected by schizophrenia, schizoaffective disorder, bipolar disorder, anxiety disorder and depression
Tobacco Cessation Program	306-655-7777	<a href="mailto:tobaccofree@saskhealthauthority.ca">tobaccofree@saskhealthauthority.ca</a>	Support for people wanting to quit smoking.
Saskatoon Housing Authority	306-668-2700		Helps people with affordable and safe housing
Saskatoon Sexual Assault Centre	306-244-2294	<a href="http://www.saskatoonsexualassaultcentre.com">www.saskatoonsexualassaultcentre.com</a>	Services and counselling for people affected by sexual assault
White Buffalo Youth Lodge	306-653-7676	<a href="https://www.sktc.sk.ca/programs-services/family-community-services/community-supports/white-buffalo-youth-lodge/">https://www.sktc.sk.ca/programs-services/family-community-services/community-supports/white-buffalo-youth-lodge/</a>	Addictions counselling and social and emotional help. Social, health, recreation and education programming.
MACSI Homeless and at risk of Homelessness Project	306-381-8576, 306-381-8564, 306-381-8537, 306-381-8546		Addictions treatment/counselling
CUMFI Wellness Centre	306-975-9999	<a href="https://www.cumfi.org/wellness-centre">https://www.cumfi.org/wellness-centre</a>	Support for people diagnosed with a cognitive disability or characteristics consistent with a cognitive disability.
Saskatchewan Alternative Initiatives (SAI)	306-244-5013	<a href="https://saionline.ca/">https://saionline.ca/</a>	vocational, educational and housing support for people living with disabilities.
FASD Network	<a href="tel:(306)975-0886">(306) 975-0886</a>	<a href="https://www.saskfasdnetwork.ca/">https://www.saskfasdnetwork.ca/</a>	Peer Support Meetings, Online Support Group, Toll-Free Phone Line
Canadian Mental Health Association (CMHA)	<a href="tel:(306)384-9333">(306) 384-9333</a>	<a href="https://saskatoon.cmha.ca/programs-services/">https://saskatoon.cmha.ca/programs-services/</a>	Counselling and vocational programs, education/awareness, special projects and support groups.
After Suicide Support Group	306-933-6200 (mobile crisis)	<a href="mailto:suicidegriefsaskatoon@gmail.com">suicidegriefsaskatoon@gmail.com</a>	
AlAnon/AlAteen	306-665-3838	<a href="http://www.sk-alanon.ca">www.sk-alanon.ca</a>	self-help recovery program helping families and friends of alcoholics
Alcoholics Anonymous	306-665-6727	<a href="http://www.aasaskatoon.org">www.aasaskatoon.org</a>	12-step program for people with a desire to stop drinking.
Anxiety and Mood Disorders Program	306-655-7777		Information, education and encouragement for individuals based on cognitive behaviour approach.
Alternatives program	306-655-8989		Services for people who have been violent in their intimate relationships

Westside Pentecostal Church Community Center	306-361-2764		Emergency food hampers, 12 step recover program, clothing depot, crafty corner, coffee and chat drop in, soup and sandwich program.
OutSaskatoon	<a href="tel:3066651224">(306) 665-1224</a>	<a href="https://www.outsaskatoon.ca/">https://www.outsaskatoon.ca/</a>	Mental Health Support Advocacy Services, Assistance with Food Access, Social Support Groups, Psychiatry for LGBTQ2S community
Saskatoon Food Bank and Learning Center	<a href="tel:3066646565">(306) 664-6565</a>	<a href="https://saskatoonfoodbank.org/">https://saskatoonfoodbank.org/</a>	Emergency Nutrition, Literacy Program, Work Place Experience Program, Online Cooking Class, Tax Filing
Creative Healing for Urban Members (CHUM)	306-659-2500	<a href="https://www.sktc.sk.ca/programs-services/family-community-services/family-support-programs/family-support-mentors/?L=0">https://www.sktc.sk.ca/programs-services/family-community-services/family-support-programs/family-support-mentors/?L=0</a>	Traditional Native Parenting, Parenting and Self-Help, Talking Circles, Woman's Group, nutrition and physical activity programs,
Prairie Harm Reduction	306-242-5005	<a href="https://prairiehr.ca/">https://prairiehr.ca/</a>	Safe Consumption Site, Support Services, Family Support Services, Drop-In Centre, Education, housing, youth support, Naloxone Kits.
Saskatoon Indian & Metis Friendship Centre	306-244-0174	<a href="https://www.simfc.ca/">https://www.simfc.ca/</a>	Family Support, Food Services, Interpersonal Violence Support
Sitokawatowin Supporting Each Other	306-244-0174, 306-716-5753, 639-533-2605	<a href="http://www.simfc.ca">www.simfc.ca</a>	Mental Health Support and Therapies for Status/Treaty Peoples
Friendship Inn	306-242-5122		Counselling Services
Saskatoon Family Services	306-244-7773		Counselling for \$25/session for those with family income under \$60,000
Learning Disabilities Association of Saskatchewan	306-652-4114	<a href="http://www.ldas.org">www.ldas.org</a>	Variety of programs including education
Saskatchewan Brain Injury Association	<a href="tel:3063731555">(306) 373-1555</a>	<a href="http://www.sbia.ca/">http://www.sbia.ca/</a>	Variety of programs including education