**Mental Health Community Resources**

**Saskatoon, SK.**

**Family Doctor**Can advise you and refer you to a qualified mental health care professional.
[View a list of family doctors](https://www.saskatoonhealthregion.ca/patients/Pages/Doctors-Taking-Patients.aspx) in Saskatoon taking patients

**Saskatoon Crisis Intervention Services** (Mobile Crisis 24/7)
306 933-6200

**Mental Health Services**

* **Adult Mental Health**: Individual counselling, drop in group, group work & therapy groups.
* [**Community Addiction Services:**](https://www.saskatoonhealthregion.ca/locations_services/Services/mhas/Documents/Pamphlets/Adult%20Addiction%20Programs.pdf)Anyone can refer to Community Addiction Services: clients themselves, family, friends, employers, other professionals.
* **Child and Youth Mental Health**: Provides individual, family and group counselling and therapy with nurses, psychiatrists, psychologists, addiction counsellors and social workers. Individuals/parents may self-refer.

Centralized intake: 306-655-7777
715 Queen Street
[**Mental Health and Addiction Services**](https://www.saskatoonhealthregion.ca/locations_services/Services/mhas/Pages/Home.aspx)

**Saskatoon Sexual Assault & Information Centre**306-244-2224
[saskatoonsexualassaultcentre.com/get-help/](https://saskatoonsexualassaultcentre.com/get-help/)

**Adult Family Program**They provide educational groups and individual supports for families affected by someone else’s mental illness, substance abuse/use or gambling concerns.
2302 Arlington Avenue in Saskatoon
306-655-7777

**Saskatoon Food Bank and Learning Centre**No fee counselling.202 Avenue C North Saskatoon
306-664-6565

**Catholic Family Services**
Counselling services are offered on a sliding scale and open to everyone. Individual, couple and family counselling.
200-506 25th Street East Saskatoon
306-244-7773

**Family Services Saskatoon**
They offer individual, couple, child and family counselling to the community. Variable fee for services.
102-506 25th Street East Saskatoon
306-244-0127

**Christian Counselling Services**Counselling for marriage, family, individual, addictions, stress, abuse, depression, parenting, co-dependency, women’s issues and grief.
617 3rd Avenue North Saskatoon
306-244-9890

**After Suicide Support Saskatoon**Offers one to one support as well as group support for adults and young adult’s ages 16-24 who have been affected by suicide.
108-322 LaRonge Road
306-249-5666

**Left Behind Suicide Support Group**Offers free drop-in support for individuals who have lost a loved one to suicide. No registration required.
Meets first Tuesday of every month 7.30-9pm at W.A. Edwards Family Centre, 333-4th Ave N.
leftbehind@sasktel.net

**Friends and Relatives of People with Mental Illness (FROMI)**
Support group for families, relatives and caregivers of people with mental illnesses. They provide a confidential, supportive network with an educational component.
Meets first Tuesday of the month at 7.30pm on W.A. Edwards Family Centre, 333-4th Ave N.
306-249-0693 or 933-2085 or 242-7670

**Saskatoon Tribal Council**
Provides a variety of social, health, recreation and educational programming. Addiction counselling and social and emotional help is available.
200 – 335 Packham Avenue
306-955-6100.
[www.sktc.sk.ca](http://www.sktc.sk.ca/)

[**U of S Student Wellness Services**](https://students.usask.ca/health/centres/wellness-centre.php)

[**U of S Student Affairs and Outreach**](https://students.usask.ca/health/centres/student-affairs-and-outreach.php)

Maintaining our mental wellness means finding a balance in all areas of our lives. This includes physical, social, personal, emotional, work/financial, academic, and spiritual aspects. Reaching a balance is an ongoing process, and your own personal balance will be unique.

[**Aboriginal Students’ Centre**](https://students.usask.ca/aboriginal/index.php)**, U of S**

**Online resources**

There are various websites available where you can find interactive tools to help educate yourself, help you cope, destress, or get you thinking about a plan for being well.

**Indigenous Counselling Services**Free and available 24/7. Provides culturally competent telephone counselling in English, French, and upon request in Cree, Ojibway, and Inuktitut.
[www.hopeforwellness.ca](https://www.hopeforwellness.ca/)

**Online Therapy User**Is a free online Cognitive Behavior Therapy for depression and anxiety and pain. It involves reviewing educational material online and corresponding with a therapist over a secure messaging system.
[www.onlinetherapyuser.ca](http://www.onlinetherapyuser.ca/)

**7 Cups of Tea**It is free, anonymous and confidential online text chat with trained volunteer listeners.
[www.7cups.com](http://www.7cups.com/)

**Canadian Mental Health Association**can help you reflect on your unique strengths and identify areas where your level of mental fitness could be improved.
[www.cmha.ca/mental\_health/mental-health-meter](http://www.cmha.ca/mental_health/mental-health-meter/)
For more information about a specific mental health issue visit [www.cmha.ca/mental-health](http://www.cmha.ca/mental-health/)

**Kids Help Phone**Information booths on: bullying, dating, school, internet, violence and abuse, sexting, LGBTQ, family, emotional health and others.
1-800-668-6868

**HeadsUpGuys**A resource for depression in men.<https://headsupguys.org/>