

MENTAL HEALTH AND WORKPLACE SAFETY RESOURCES

Compiled July, 2021, by SaskCulture Inc.

The following list of resources includes important links to key mental health resources that can help support those living in Saskatchewan.

Call **HealthLine at 811** for professional health or mental health and addictions advice, education and support.

211 Saskatchewan is a free, 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 5,000 listings of social, community, non-clinical health, and government services across the province.

In addition to searching on the [211 Saskatchewan website](#), individuals can now **call 2-1-1, text 2-1-1 or go online** to chat with trained professionals to help find and navigate services they need.

Saskatchewan Health Authority website: <https://www.saskhealthauthority.ca/>

- [Adult Mental Health Clinics](#) are part of a continuum of treatment and support services available for adults (age 18 and over). They provide a wide range of community-based services for people who are having significant problems related to their mental health and well-being. All services are provided free of charge.
- Regina Mental Health Clinic call 306-766-7800

Mobile Crisis Services is a non-profit community-based organization. The overall purpose of the agency is to provide integrated and comprehensive social and health crisis intervention services.

- Call 306-757-0127 or visit <https://mobilecrisis.ca/>.

The **Indian Residential School Survivor Society** (IRSSS) is a provincial organization with a twenty-year history of providing services to Indian Residential School Survivors.

- Call for counselling/support 1-800-721-0066

The **Indian Residential Schools Crisis Line** is available 24-hours a day for anyone experiencing pain or distress as a result of his or her Residential school experience.

- Call 1-866-925-4419

Government of Saskatchewan Health

[Directory of Mental Health and Addictions Services in Saskatchewan](#). This directory is organized by service, then alphabetically by community.

- [Alcohol and Drug Support](#)
- [Mental Health Services](#)

The [Saskatchewan Al-Anon](#) website contains information about Saskatchewan Al-Anon meetings, including meetings of Al-Anon Adult Children of Alcoholics and Alateen meetings.

Provincial Association of Transition Houses and Services of Saskatchewan (PATHS): Agencies and organizations that can help are listed [here](#).

PATHS offers the [Make It Our Business](#) program in Saskatchewan. Make It Our Business provides information and education to help employers and employees respond to domestic violence in the workplace.

PATHS' Make It Our Business booklets:

[Make It Our Business: Recognize & Respond to Domestic Violence in Your Workplace](#)

[Make It Our Business: I Need Safety and Support at Work](#)

[Make It Our Business: Problems at Home Can Come to Work](#)

[Fact Sheet: Intimate Partner Violence is Everyone's Business](#)

[ShelterSafe.ca](#) is an online resource for women and their children seeking safety from violence and abuse. The clickable map serves as a quick resource to connect women with the nearest shelter that can offer safety, hope, and support.

Saskatchewan Shelters: <https://sheltersafe.ca/saskatchewan/>

University of Regina Online Therapy Unit provides online clinical treatment programs to individuals experiencing mental health difficulties, with a primary focus on depression and anxiety.

- [Online Self-Help Materials for Anxiety and Depression](#)
- [Online Self-Help Materials for Depression](#)
- [Online Self-Help Materials for Anxiety and Panic](#)
- [Online Information on Depression, Anxiety, and Panic](#)
- [Online Self-Guided Treatment for Alcohol Misuse](#)
- [National Websites](#)

Other Resources

- Canadian Mental Health Association (Saskatchewan): <https://sk.cmha.ca/>
- Mental Health Commission of Canada: <https://www.mentalhealthcommission.ca/>

- Centre for Addiction and Mental Health: <https://www.camh.ca/>
- Canadian Centre on Substance Use and Addiction: <https://ccsa.ca/>

An **Employee and Family Assistance Program (EFAP)** provides, free, immediate, anonymous, confidential counselling services. Organizations can set this up for their employees. Call 1-866-757-6620 for assistance 24/7 or visit www.FamilyServiceRegina.com.

Additional contact:

Kirk Englot
Family Service Regina
Chief Operating Officer
306-757-6301

Additional resources can be found at www.fseap.ca.

If you have any questions about this list, or want to recommend other resources, please contact Nichole Williams at 306-780-9259 or email nwilliams@saskculture.ca.