

MHPPG

Resources & Supports

2-1-1 Saskatchewan

2-1-1 is a database that houses thousands of community/social services, which can help you connect to numerous types of services and supports across the province.

<http://sk.211.ca/>

Free Psychological Support

Free mental health walk-in services list:

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/mental-health-and-covid-19>

Free online province-wide support groups:

<https://www.psychologytoday.com/us/groups/free-online-covid-19-support-groups-for-adults-north-charleston-sc/137190>

If you live in the Saskatoon area:

<https://thestarphoenix.com/news/local-news/saskatchewan-psychologists-provide-pro-bono-care-to-front-line-covid-19-staff/>

University of Regina's Online Therapy Unit

<https://onlinetherapyuser.ca/>

NOTE: You are also able to contact the Employee and Family Assistance Program (EFAP) for healthcare employees and their dependents, as well as others who qualify.

Provincial Help Lines

(Central Saskatchewan) West Central Crisis & Family Support Centre

Monday - Friday 9:00 am - 5:00 pm

306-463-6655

After Hours: 306-933-6200

(North Saskatchewan) Piwapan Women's Centre

24/7 hours

306-425-4090

Prince Albert Mobile Crisis Unit

Monday - Friday 4:00 pm - 8:00 am, Saturday & Sunday 24 hours

306-764-1011

Regina Mobile Crisis Services

24/7 hours

306-757-0127

Saskatoon Mobile Crisis

24/7 hours

306-933-6200

(South West Saskatchewan) Southwest Crisis Services

24/7 hours

1-800-567-3334

Farm Stress Line

<https://www.saskatchewan.ca/business/agriculture-natural-resources-and-industry/agribusiness-farmers-and-ranchers/programs-and-services/farm-stress-line>