

CRISIS RESOURCES HANDOUT



Distress Lines

9-1-1 Fire/Ambulance/Police

8-1-1 Professional Health Advice and Mental Health Support

9-8-8 Suicide Crisis Helpline



Counselling Support

Counselling Connect Saskatchewan

-no waitlist, no cost

Click [here](#) for more information.

Saskatchewan Polytechnic

-for registered students

Click [here](#) for more information.

University of Regina Online Therapy Unit: Anxiety & Depression

Free, online program for adults 18+ that qualify
Wellbeing Course for Mental Health:

Click [here](#) for more information.



Community Supports

211 Saskatchewan website click [here](#).

A free, confidential, 24/7 service connecting individuals to services in the province.
Access support by calling or texting 2-1-1 or chatting online with trained professionals
to find and navigate services you need.

Saskatchewan Health Authority Mental Health & Addictions Services

Click [here](#) for more information.



Mobile Crisis

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

Regina Mobile Crisis 306-757-0127 (24/7)

Prince Albert Mobile Crisis 306-764-1011

Monday-Friday (4pm- 8am); Saturday-Sunday
(24hrs)

Northeast Crisis Line 1-800-611-6349 (24/7)

West Central Crisis & Family Support Center

306-463-6655 Monday-Friday 9am-12pm;
1pm-5pm. Afterhours: **306-933-6200**

Southwest Crisis Services 1-800-567-3334 (24/7)



Specialized Resources

First Nations & Inuit Hope for Wellness Help Line

1-855-242-3310 (24/7)

Indian Residential School Crisis Line

1-866-925-4419 (24/7)

Trans Lifeline

support for transgender people

1-877-330-6366