

"All ages, unless otherwise noted."

211 Saskatchewan Text: 2-1-1 Call: 2-1-1 Online: sk.211.ca

Free, confidential 24/7 service that connects to mental health, substance use and addictions, violence/abuse, Newcomers, Income support and employment and more.

811 Saskatchewan Call: 8-1-1

Includes access to mental health and addiction professionals.

- Canadian Mental Health Association (CMHA) Thinking of suicide?
Call: 1-833-456-4566 24/7 or visit www.crisisservicescanada.ca
- Hope for Wellness Help Line. <https://www.hopeforwellness.ca/> Toll free line: **1-855-242-3310** (English and French or upon request, Cree, Ojibway, Inuktitut) Offers immediate help to all Indigenous peoples across Canada - 24/7 support
- Kids Help Phone (teens + young adults) (24/7 support) **Call: 1-800-668-6868 Text: 686868**
Get the APP - <https://apps.apple.com/ca/app/always-there/id579718991>
On line support and resources - <https://kidshelpphone.ca/>
- Mobile Crisis (24 hours) Helpline. People from all ages can call from youth-seniors. **Call: 306-757-0127**
- Regina Crisis Suicide Line (24 hours) **Call: 306-525-5333**

Free Professional Counselling

- Adult Mental Health Clinic-Saskatchewan Health Authority. (COAST) 18+ **Call: 306-766-7800**
- Child and Youth Services-Saskatchewan Health Authority (0-18 years and families). **Call: 306-766-6700**
- Counselling Connect Saskatchewan <https://www.counsellingconnectsask.ca/#BookaSession>
Book online for free counselling with:
Catholic Family Services (Shift Rapid Access Counselling) **Call: 306-525-0521**
Family Services Regina (Thrive) **Call: 306-757-6675**

Free Supports

- <https://sk.cmha.ca/news/cmha-wellness-support-line-still-taking-calls/> Canadian Mental Health Association (CMHA-SK). Wellness Support Line. **Call: 306-535-4292**
- <https://www.thecaringplace.ca/programs>
Book online or **Call: 306-347 CARE (2273)** to join the following free support groups:
Depression and Anxiety - Sexual Assault Abuse/Domestic Violence Abuse - Adoptee Support Group

Disclaimer: This resource document is provided as a courtesy only. It may not include all relevant services. Regina Public Schools is not liable for and does not guarantee the quality or content of any service.

"All ages, unless otherwise noted."

Not-For-Profit Counselling with payment options

Catholic Family Services: <https://cfsregina.ca/counselling/> Call: 306-525-0521

Family Services Regina <https://familyserviceregina.com/> Call: 306-757-6675

The Caring Place <https://www.thecaringplace.ca/contact-1> Call: 306-347-CARE (2273)

LGBTQ+ Counselling and Support

- Monarch Mental Health: Provides counselling to gender and sexually diverse children, youth and adults and families. <https://www.urpride.ca/monarch/>
- <https://www.urpride.ca/resilience/> - Trans Support Group-ages 16+ Email: trans@urpride.ca

Free Mental Wellness Education Courses and/or Programs

- Canadian Mental Health Association <https://bounceback.cmha.ca/welcome/> Call: 1-855-873-0013. Must be over 15 year of age. Program to help individuals learn skills to improve mental health in up to six phone sessions over 3-6 months. Workbooks available in English and French.
- North Central Family Centre. 2931 5th Avenue. Offers after-school tutoring, daily homework help, youth and adult programs. <https://www.ncfc.ca/programs> Call: 306-347-2552
- Regina Open Door Society - Families In Transition (FIT) program provides specialized services, strategies, referrals, and resources to newcomers experiencing long-term integration issues/barriers, caused by a lack of safety and mental health supports. Call: 306-352-3500
- University of Regina - Well-being for Mental Health Course-Online Therapy Unit-University of Regina (18 years + older). Courses designed to help individuals manage emotions (e.g., anxiety, sadness, loneliness, anger, Covid-19 stress etc.) <https://www.onlinetherapyuser.ca/wellbeing-program>

Wellness Supports

- Carmichael Outreach - <https://carmichaeloutreach.ca/> Call: 306-757-2235
- City Kidz – (children and youth) Email Donna – donna@citykidz.ca Call: 306-529-8656
- Soul's Harbour - <https://www.shrmsk.com/services> Call: 306-543-0011
- Regina Food Bank - <https://reginafoodbank.ca/help-is-here/> Call: (306) 791-6533

Disclaimer: This resource document is provided as a courtesy only. It may not include all relevant services. Regina Public Schools is not liable for and does not guarantee the quality or content of any service.