

Mental health resources: Saskatchewan

Name	Contact	Information	Location	Type of resource	Type of support	Target demographic	Serves adults (18+)	Serves children (0–12)	Serves youth (13–17)	Serves families	Language (s) spoken
Canadian Mental Health Association Saskatchewan	sk.cmha.ca	CMHA is an organization that has many mental health resources, services, and projects.	Saskatchewan	Resource hub	Wellness support	General population	Yes	Yes	Yes	Yes	English
CMHA Moose Jaw	moosejaw.cmha.ca/our-services/peer-support	Peer support is offered through the phone and in-person in Moose Jaw. In-person peer support programs include: OSI support group, family and friends check-in, support for people with high-functioning autism, and general peer support.	Saskatchewan	Telephone and in-person service	Peer support	General population	Yes	—	—	Yes	English
Counselling Connect Saskatchewan	counsellingconnectsask.ca	Quick access to brief mental health services (counselling sessions with professionals) in Saskatchewan.	Saskatchewan	Online service	Counselling	General population	Yes	Yes	Yes	Yes	English
Farm Stress Line	1-800-667-4442	Available 24/7 for farmers and ranchers in Saskatchewan who are experiencing distress.	Saskatchewan	Telephone	Wellness support	Farmers and ranchers	Yes	—	—	—	English
First Nations and Métis Health Services	saskhealthauthority.ca/your-health/conditions-illnesses-services-wellness/indigenous-health/first-nations-and-metis-health-services	A collaboration between the Saskatchewan Health Authority and First Nations and Métis people of Saskatchewan. Elders and cultural support workers are available for	Saskatchewan	In-person service	Wellness support	Indigenous population	Yes	—	—	—	English

Mental health resources: Saskatchewan

prayer, counselling, and trauma and crisis support and guidance.

HOPE Learning Centre	skhopelearningcentre.ca	Free online and in-person courses to overcome mental health challenges.	Saskatchewan	Online service and in-person service	Wellness support	General population	Yes	—	Yes	—	English
Online Therapy Unit	onlinetherapyuser.ca	Offers free online cognitive behaviour therapy (CBT) courses for a number of mental health concerns.	Saskatchewan	Online service	Counselling	General population	Yes	—	—	—	English
OSI-CAN Saskatchewan	osicansk.ca	OSI-CAN is a free, confidential, community-based peer support initiative for Veterans, first responders, and public safety personnel.	Saskatchewan	Online service and in-person service	Peer support	Military members, Veterans and their families; public safety personnel and their families	Yes	—	—	Yes	English
OUTSaskatoon	outsaskatoon.ca	Provides support services, education, resources, and counselling for the LGBTQ+ community in Saskatoon.	Saskatchewan	Online service and in-person service	Wellness support	LGBTQ2SIA+	Yes	Yes	Yes	Yes	English
Regina Mobile Crisis Helpline	306-525-5333	24/7 suicide crisis hotline.	Saskatchewan	Telephone	Crisis support	General population	Yes	—	Yes	—	English, French
Sask First Responders Mental Health	saskfirstrespondersmentalhealth.ca	Provides access to resources to help with recovery and prevention of having an incident develop into posttraumatic stress or operational stress injuries.	Saskatchewan	Online service	Wellness support	Public safety personnel and their families	Yes	—	—	Yes	English

Mental health resources: Saskatchewan

SaskAbilities: Partners in Mental Health and Well-being	saskabilities.ca/services/community-programs/partners-in-mental-health-and-well-being	Offers in-person programs for people with mental health diagnoses or barriers, including peer support groups and professional sessions.	Saskatchewan	In-person service	Wellness support and peer support	General population	Yes	—	Yes	Yes	English
Saskatoon Mobile Crisis	306-933-6200	24/7 crisis line for people in distress.	Saskatchewan	Telephone	Crisis support	General population	Yes	Yes	Yes	—	English