

CENTRE FOR INDIGENOUS WOMEN, TWO SPIRIT, AND GENDER DIVERSITY

You're Safe with Us: Resources

MENTAL HEALTH AND ILLNESS

Many mental health problems are caused by a combination of biological, psychological, and environmental factors.

Biological factors may include genetics, infections, brain defects or injury, prenatal damage, long-term substance abuse or addictions, poor nutrition, and exposure to toxins.

Psychological factors may include emotional factors (e.g., feeling inadequate, low self-esteem, anxiety, anger or loneliness), physical or sexual abuse, neglect, an important loss (e.g., of a parent, child, or spouse), and poor ability to relate to others.

Environmental factors or stressors that may contribute to mental health problems include death or divorce, a dysfunctional family, poverty, unemployment, changing jobs or schools, social and cultural expectations (e.g. thinness is beauty in the development of eating disorders), and substance abuse.

To learn more about common mental health issues including suicide and depression and/or Post-traumatic Stress Disorder, please visit: <https://www.saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services/mental-health-support/mental-health-and-illness>

Community Mental Health Services

Living through the COVID-19 pandemic can cause anxiety and worry in all of us. Whether you're coping with the loneliness of self-isolation, concerned about the health of your loved ones or worried about what the future may hold, there are mental health supports available to help you through this difficult time.

HealthLine 811 - Mental health and addictions service continues to be available, providing 24/7 crisis support, advice to help manage a caller's situation, information and connection to community resources.

www.onlinetherapyuser.ca - Free online therapy for adults in Saskatchewan experiencing mental health difficulties or stress, with a focus on depression and anxiety. Accessible any day, any time, from any computer.

Mobile Crisis Centres are located across Saskatchewan and operate 24/7.

- Regina¹: (306) 757-0127. Website: <https://mobilecrisis.ca>
- Saskatoon 24-Hour Crisis Line: (306) 933-6200. Website: <https://saskatooncrisis.ca/services/24-hour-mobile-crisis/>
- Prince Albert Mobile Crisis Unit: (306) 764-1011. Website: <https://www.pacrisis.ca/>
- North Battleford
- La Ronge

Kids Help Phone² - Offers professional counseling, information and referrals. You can phone, text or chat online. It's confidential, free and available 24/7.

Farm Stress Line - Provides support for farmers and ranchers and is available 24 hours per day, seven days per week. To get help, call 1-800-667-4442.

Family Service Saskatchewan, in partnership with the Saskatchewan Health Authority, supports free mental health walk-in clinics. These clinics offer free one-time counseling sessions which are now available by phone:

- Estevan area - 1-800-216-7689
- Moose Jaw area - 306-691-6464
- North Battleford area - 306-446-6500
- Prince Albert area - begin by calling 1-888-765-6055
- Regina - 306-766-7800
- Rosetown area - 1-866-268-9139
- Saskatoon - 306-655-7777
- Swift Current area - 1-877-329-0005
- Tisdale area - 306-752-8767
- Yorkton area - 1-888-989-8444

MMIW commemoration <https://www.kairoscanada.org/missing-murdered-indigenous-women-girls/commemoration>

- Due to **COVID-19 and social distancing**, many agencies and organizations have had to close or change their method of service delivery to protect themselves, their clients, and their communities. Below is a list of available contacts and services. We recommend visiting the websites and social media of local agencies in your community most up to date information. Please stay safe and practice self-care in this stressful time. You can **call or text 2-1-1**, or access them online at www.sk.211.ca. Healthline also provides Mental Health Support, **call 8-1-1**.



¹ This not a Shelter - But Couples with or without children are assessed for hotel accommodations.

² This service focuses on children and youth but parents and caregivers can also access it if they need to.