



## 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.

### **Substance Support**

Alcoholics Anonymous:

<http://www.alcoholics-anonymous.org/?Media=PlayFlash>

Drug and Alcohol Help Line:

<http://www.drugandalcoholhelpline.ca/>

### **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>