

## **MENTAL HEALTH RESOURCE LIST SASKATOON**

### **After Suicide Support Group**

This group offers one-to-one support, as well as group support for adults and young adults ages 16 – 24 that have been affected by suicide. They provide information on suicide to various community organizations as well.

Phone: 933-6200

Email [suicidegriefsaskatoon@gmail.com](mailto:suicidegriefsaskatoon@gmail.com)

### **AlAnon / AlAteen**

A non-professional self-help recovery program based on the 12 steps of Alcoholics Anonymous with the single purpose of helping families and friends of alcoholics (whether the alcoholic is still drinking or not).

8<sup>th</sup> floor Bessborough Hotel

Phone: 665-3838 (24 hours)

601 Spadina Crescent East

Website: [www.sk-alanon.sk.ca](http://www.sk-alanon.sk.ca)

Saskatoon, SK S7K 3J6

### **Alcoholics Anonymous**

Alcoholics helping one another recover from alcoholism, using the 12-step program of Alcoholics Anonymous. The only requirement is a desire to stop drinking

311 – 220 – 3<sup>rd</sup> Avenue South

Phone: 665-6727

Saskatoon, SK S7K 1M1

Website: [www.aasaskatoon.org](http://www.aasaskatoon.org)

### **Brief and Social Detox (Larson House)**

Provides detoxification services for substance abuse. Self-referral is necessary.

201 Avenue O South

Phone: 655-4195

Saskatoon, SK S7M 2R6

Website: [www.saskatoonhealthregion.ca](http://www.saskatoonhealthregion.ca)

### **Calder Centre**

Provides residential addiction programming for adults, youth, and substance-affected individuals. Referral following assessment by an addiction counsellor is required.

2003 Arlington Avenue

Phone: 655-4500

Saskatoon, SK S7G 2H6

Website: [www.saskatoonhealthregion.ca](http://www.saskatoonhealthregion.ca)

### **Canadian Mental Health Association**

Provides recreation and vocational counselling for adults with mental illnesses, resource materials on mental illnesses and mental health services, and a life skills employment program. Referrals to related agencies. Public awareness promotion.

They also offer Mental Health First Aid training which is a valuable two day course designed for anyone working with people who suffer from mental illness including high school teachers, police officers, work places, mental health support agency staff, and a variety of other people working with the public. Mental Health First Aid is provided to a person who is experiencing a mental health crisis or developing a mental health problem or illness..

1301 Avenue P North

Phone: 384-9333

Saskatoon, SK S7L 2X1

Website: [www.saskatoon.cmha.ca](http://www.saskatoon.cmha.ca)

### **Centralized Intake & Mental Health & Addictions Services**

Point of entry to all services provided by all Community Mental Health and Addiction Services, and Rehabilitation/Residential Services to children, youth, and adults. Provides assessment, prioritization, interim support, and crisis intervention, when required. Provides information to community resources. Individuals or parents may be self-referred or referred by a healthcare practitioner. Mental Health and Addiction Services provides a range of inpatient and outpatient clinical services for clients of all ages who face mild, moderate, or severe mental health issues. Their team of professionals use a variety of helping strategies including individual, group and family therapies. At their Sturdy Stone location one on one addictions support and group support is also provided.

**Centralized Intake:** (main number)

Phone: 655-7777

#### **Adult Services:**

Suite 156, 122 3<sup>rd</sup> Ave. North  
Sturdy Stone Building  
Saskatoon, SK S7K 2H6

Phone 655-4100

Website: [www.saskatoonhealthregion.ca](http://www.saskatoonhealthregion.ca)

#### **Child and Youth Services:**

715 Queen Street  
Saskatoon, SK S7K 4X4

Phone: 655-7950

#### **Rehab Services**

314 Duchess Street  
Saskatoon, SK S7K 0R1

Phone: 655-0440

### **Christian Counselling Services**

Counselling available for marriage, family, individuals, addictions, stress, mediation, abuse, depression, parenting, career, co-dependency, women and seniors' issues, and grief.

617 3<sup>rd</sup> Avenue North  
Saskatoon, SK S7K 2J8

Phone: 244-9890

Website: [www.saskatoonccs.com](http://www.saskatoonccs.com)

### **Crocus Co-op**

A self-help group for people who have a history of mental health problems or disabilities. They offer a drop-in activity centre which provides a casual employment program and informal recreational activities. They also have a meal program two times a day for a minimal cost.

135 Ave B South  
Saskatoon, SK S7M 1M2

Phone: 655-4970

Website: [www.crocuscooperative.org](http://www.crocuscooperative.org)

### **Depression Support Group**

Informal group open to anyone struggling with depression and those who support them. They meet every Wednesday at the Canadian Mental Health Association from 6:30 PM to 8:00 PM. No registration required.

1301 Ave P North  
Saskatoon, SK S7L 2X1

Phone: 270-9181

Email: [mle2003\\_2@yahoo.com](mailto:mle2003_2@yahoo.com)

### **Family Service Saskatoon**

Provides an array of counselling to individuals, couples, families, and groups. For more information or to register for programs, call the Intake Counsellor.

Saskatoon Community Service Village  
102 – 506 – 25<sup>th</sup> Street East

Phone: 244-0127

[www.familyservice.sk.ca](http://www.familyservice.sk.ca)

### **Friends and Relatives of People with Mental Illnesses (FROMI)**

A support group for families, relatives and caregivers of people with mental illnesses. They provide a confidential, supportive network, as well as an educational component. Meets first Tuesday of the month at 7:30 p.m.

W.A. Edwards Family Centre

Phone: 249-0693 or 933-2085 or 242-7670

333 4<sup>th</sup> Avenue N

Email: [fromisk@gmail.com](mailto:fromisk@gmail.com)

Saskatoon, SK

Across the street from Saskatoon Funeral Home

### **Joy of Jammin' Mental Health Music Group**

This program is open for all people affected by mental illness who have an interest in music. You don't have to be a professional musician to join. If you play an instrument or sing feel free to join this worthwhile program. Please contact listed person below for meeting times and locations as this is subject to change.

Phone: Marg 655-0482

### **Justice Community Support Program**

The Justice Community Support Program is a new Provincial initiative that can assist clients who have both: a mental health impairment and a designation on the Serious Violent Offenders Response (SVOR) The Program is a joint initiative involving CMHA, Probation, Municipal Police Services, Crown Prosecutors, and RCMP. The Justice Community Support Program is intended to bridge the gaps that individuals fall through upon release into the community.

129-122 3<sup>rd</sup> Avenue North

Phone: 933-3045

Saskatoon, SK S7K 2H6

Email [lisah@cmhask.com](mailto:lisah@cmhask.com)

### **Left Behind Suicide Support Group**

This is a drop-in support group for individuals who have lost a loved one to suicide. No registration required. No cost to attend. This group meets the first Tuesday of every month at 7:30 PM to 9:00 PM.

W.A. Edwards Family Centre

Email [leftbehind@sasktel.net](mailto:leftbehind@sasktel.net)

333-4<sup>th</sup> Ave North

Saskatoon, SK

### **Lighthouse Supported Living (Homeless Shelter)**

Provides supported living to people with emergency shelter, supported living, and affordable housing to those in need in Saskatoon.

304-2<sup>nd</sup> Ave South

Phone: 653-0538

Saskatoon, SK S7K 1L1

Website: [www.lighthousesaskatoon.org](http://www.lighthousesaskatoon.org)

### **McKerracher Centre Programs**

**Recovery Day Program** offers a variety of drop-in groups to adults 18+ who have been affected by major mental illness (which may include addiction) and want to "live well". The groups enhance living skills and build on individual strengths, offer an opportunity to engage in focus activities and build on social connections in a safe, supportive environment. The **Adult Family Program** provides education groups and individual supports for families affected by someone else's mental illness, substance use/abuse and or gambling concerns. The **Mood Program** provides cognitive behavioral therapy and/or psycho-educational groups for persons affected by mood issues. **Residential Services** facilitates the Mental Health Approved Homes Program in the Saskatoon Health Region. The residents of these homes are persons who face serious challenges as a result of mental illness.

2302 Arlington Avenue

Phone: (306) 655-4590

Saskatoon, SK S7J 3L3

Website: [www.saskatoonhealthregion.ca](http://www.saskatoonhealthregion.ca)

### **Mental Health Warrant through Provincial Court “Queen’s Bench Ministry of Justice” Saskatoon**

If a person believes someone living with mental illness is a risk to themselves or someone else they can attempt to obtain a mental health warrant.

- The court will want to know if the person affected is willing to get help.
- Provide the court with information stating that you have offered to help the person affected but they have refused treatment.
- Provide examples of deterioration of the individual’s health and ability to function.
- State that the person has threatened suicide or displayed suicidal behaviour.
- State the person affected has threatened harm to others in any form.
- Take written documentation on the person’s behaviour with examples so you stay organized and focused.
- If the court issues the mental health warrant the police have up to seven days to arrest the individual. Once they arrest the person they take them to Royal University Hospital emergency department. It is up to the psychiatrist at the emergency department or the person’s own psychiatrist whether the person will be admitted to the Dube Centre for Mental Health.

The court opens at 8:30 AM but they advise family members to phone them first.

220-19<sup>th</sup> Street East  
Saskatoon, SK

Phone: Janice 933-8080 or Sharon 933-7658

### **Mood Disorders Support Group**

People with bipolar disorder, depression, and other related mental health problems meet at Zion Evangelical Lutheran Church at 7:30 PM every Wednesday evening.

323-4<sup>th</sup> Ave South  
Saskatoon, SK

Phone: Mike 979-3758 Robin 717-3246

### **Obsessive Compulsive Disorder Support Group**

Provides information, education and support to individuals and family members who have been diagnosed with Obsessive Compulsive Disorder. Opportunity is provided to share experiences and feelings with others who live with this illness. Meets every second Wednesday.

510 – 5<sup>th</sup> Avenue North  
Saskatoon, SK S7K 2R2

Phone: 933-0530

### **PTSD (Post Traumatic Stress Disorder Support Group)**

Provides support for people living with PTSD.

Phone: 290-9080

Visit website for meeting times in your community. [www.ptsdsaskatchewan.ca](http://www.ptsdsaskatchewan.ca)

### **SAID Saskatchewan Assured Income for Disability**

The SAID program, designed in collaboration with members of the disability community, provides an income for persons with significant and long-term disabilities separate from the Saskatchewan Assistance Program (SAP). To be eligible to apply for SAID you must be a Saskatchewan resident, 18 years of age or older, lacking the financial resources to provide for basic needs, have a significant disability that: is likely to be of permanent or indefinite nature, either continuously or periodically for extended periods, substantially impacts daily living activities and requires the person to use an assistive aid, device, or device animal or human supports.

Website: <http://www.socialservices.gov.sk.ca/SAID> Phone: 1-888-567-SAID (7243)

TTY 1-866-995-0099

### **Saskatoon Crisis Intervention Services**

Provides 24-hour mobile crisis intervention, crisis counselling, and conflict management to individuals or families in distress or crisis.

103 – 506 25<sup>th</sup> Street East  
Saskatoon, SK S7K 4A7

Phone: 933-6200

Website: [www.saskatooncrisis.ca](http://www.saskatooncrisis.ca)

### **Saskatoon Community Clinic**

A multi-disciplinary, cooperative health clinic which offers primary health care, health promotion activities, and community development programs. Primary health care services include physicians, nutritionist, physiotherapist, occupational therapist, counsellors, community health nursing, pharmacy, and others.

455 – 2<sup>nd</sup> Avenue North  
Saskatoon, SK S7K 2C2

Phone: 652-0300  
Website: [www.saskatooncommunityclinic.ca](http://www.saskatooncommunityclinic.ca)

### **Saskatoon Housing Coalition**

This program offers a range of residential accommodations (group homes/apartment buildings) and support services for individuals who have a mental health diagnosis. The focus is on supporting the individual to live independently.

319 Camponi Place  
Saskatoon, SK S7M 1E9

Phone: 655-4979  
Website: [www.saskatoonhousingcoalition.ca](http://www.saskatoonhousingcoalition.ca)

### **Schizophrenia Society of Saskatchewan**

#### **Partnership Program & “Stigma Busters” (Stories of Recovery from Mental Illness)**

The Partnership Program is a public awareness program designed to reduce the stigma associated with schizophrenia and related disorders and to promote recovery from mental illness. They give presentations at high schools, elementary schools, the University of Saskatchewan, Saskatchewan Polytechnic, to police officers, hospitals, drug and alcohol rehab centres, and many other places. People directly affected by schizophrenia and related psychosis including bipolar disorder, and depression present with family members of those with mental illness and health professionals as a team.

230 Ave R South Room 220  
Saskatoon, SK S7M 2Z1

Phone: 374-3220  
Website: [www.schizophrenia.sk.ca](http://www.schizophrenia.sk.ca)

### **Additional Services Related to Mental Health in Saskatoon**

#### **Aboriginal Friendship Centres of Saskatchewan**

Provides numerous programs for people in the aboriginal community.

115 Wall Street  
Saskatoon, SK S7K 6C2

Phone: 955-0762  
Website: [www.afcs.ca](http://www.afcs.ca)

#### **Alzheimer’s Disease & Related Dementia**

Provides support for family members and people directly affected by Alzheimer’s and related dementia.

1405 Faulkner Crescent  
Saskatoon, SK S7L 3R5

Phone 683-6322  
Website: [www.alzheimer.ca/sk](http://www.alzheimer.ca/sk)

#### **Autism Services of Saskatoon**

Provides support for family members and people directly affected by Autism.

609-25<sup>th</sup> Street East  
Saskatoon, SK S7K 0L7

Phone: 665-7013  
Website: [www.autismservices.ca](http://www.autismservices.ca)

#### **Canadian Council on Rehabilitation and Work “Partnership for Workplace for Inclusion Program”**

Provides support for people with seeking employment. They work directly with clients developing resumes, job skills, and provide counseling services in areas of employment.

Suite 409 230-22<sup>nd</sup> Street West  
Saskatoon, SK S7K 0E9

Phone: 651-7177  
[www.ccrw.org/partners-for-workplace-inclusion-program.ca](http://www.ccrw.org/partners-for-workplace-inclusion-program.ca)

#### **Catholic Family Services**

Regardless of religious affiliation, anyone in the community may receive assistance here in times of stress. Individual, couple, and family counselling is available.

Saskatoon Community Service Village  
200 – 506 – 25<sup>th</sup> Street East

Phone: 244-7773  
[www.cfcsaskatoon.sk.ca](http://www.cfcsaskatoon.sk.ca)

**Saskatchewan Abilities Council**

Provides rehabilitation programs, employment programs and numerous services for people with disabilities.

2310 Louise Avenue  
Saskatoon, SK S7J 2C7

Phone: 374-4448  
Website: [www.abilitiescouncil.sk.ca](http://www.abilitiescouncil.sk.ca)

**Saskatchewan Association for the Rehabilitation of the Brain Injured**

Provides a day program for the brain injured.

#5-501 45<sup>th</sup> Street East  
Saskatoon, SK S7L 5Z9

Phone: 373-3050  
Website: [www.sarbi.ca](http://www.sarbi.ca)

**Saskatchewan Brain Injury Association Saskatoon**

Provides supports to those directly affected by brain injury and their families.

230 Ave R South Room 421  
Saskatoon, SK S7M 2Z1

Phone: 373-1555  
Website: [www.sbia.ca](http://www.sbia.ca)

**Saskatoon Sexual Assault Centre**

Provides services and counseling for people affected by sexual assault.

201-506 25<sup>th</sup> Street East  
Saskatoon, SK S7K 4A7

Phone: 244-2294  
Website: [www.saskatoonsexualassaultcentre.com](http://www.saskatoonsexualassaultcentre.com)

**White Buffalo Youth Lodge**

Multi-purpose centre, in partnership with the City of Saskatoon, the Saskatoon Health Region, and the Métis Nations. A variety of social, health, recreation, and educational programming is offered. Addiction counselling and social and emotional help is available.

602 20<sup>th</sup> Street West (White Buffalo Lodge)  
Saskatoon, SK S7M 0X7

Phone: 653-7676  
Website: [www.sktc.sk.ca](http://www.sktc.sk.ca)