

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

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).

8th floor Bessborough Hotel
601 Spadina Crescent East
Saskatoon, SK S7K 3J6

Phone: 665-3838 (24 hours)

Website: www.sk-alanon.sk.ca

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 – 3rd Avenue South
Saskatoon, SK S7K 1M1

Phone: 665-6727

Website: www.aasaskatoon.org

Anxiety & Mood Disorders Program

Information, education and encouragement for individuals based on a cognitive behaviour approach. Can be self-referral or by a health care professional.

Phone: 655-7777

Alternatives Program

Services for men and women who have been violent in their intimate relationships. Intake appointment must be arranged and completed prior to any groups.

Phone: 655-8989

Brief and Social Detox (Larson House)

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

201 Avenue O South
Saskatoon, SK S7M 2R6

Phone: 655-4195

Website: www.saskhealthauthority.ca

Calder Centre

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

2003 Arlington Avenue
Saskatoon, SK S7G 2H6

Phone: 655-4500

Website: www.saskhealthauthority.ca

Canadian Mental Health Association

Provide 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
Saskatoon, SK S7L 2X1

Phone: 384-9333

Website: www.saskatoon.cmha.ca

Centralized Intake & Mental Health & Addictions Services

A point of entry to all services provided by all Community Mental Health and Addiction Services, and Rehabilitation/Residential Services to children, youth, and adults. They provide assessment, prioritization, interim support, and crisis intervention, when required. Provide 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: Phone 655-4100
Suite 156, 122 3rd Ave. North Website: www.saskhealthauthority.ca
Sturdy Stone Building
Saskatoon, SK S7K 2H6

Children's Mental Health Services: Phone: 655-7800
715 Queen Street
Saskatoon, SK S7K 4X4

Youth Community Counseling: Phone: 655-7802

Rehab Services Phone: 655-0440
314 Duchess Street
Saskatoon, SK S7K 0R1

Community Addictions Services

Provides one on one and group supports for people dealing with addictions and chemical dependency issues.
Suite 156 122 3rd Ave North
Saskatoon, SK S7K 2H6

Phone: 655-7777

Christian Counselling Services

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

617 3rd Avenue North Phone: 244-9890
Saskatoon, SK S7K 2J8 Website: 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 Phone: 655-4970
Saskatoon, SK S7M 1M2 Website: 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 Phone: 270-9181
Saskatoon, SK S7L 2X1 Email: mle2003_2@yahoo.com

Drug Information for Consumers

They provide information to consumers in regards to medications.
www.druginfo.usask.ca Phone: 966-6378

Drug Plan & Extended Benefits

Phone: 787-3317
Call for information for any financial assistance that might be available for medication.

Family Service Saskatoon

Provide 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 – 25th Street East

Phone: 244-0127
www.familyservice.sk.ca

Early Psychosis Intervention Program

For clients experiencing psychosis ages 18 to 35. They offer support to the family members of these people as well. Referral by physician. Call for more information. Phone: 655-7777

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
333 4th Avenue N
Saskatoon, SK

Phone: 249-0693 or 933-2085 or 242-7670
Email: fromisk@gmail.com
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 655-4594

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 3rd Avenue North
Saskatoon, SK S7K 2H6

Phone: 933-3045
Email 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
333-4th Ave North
Saskatoon, SK

Email leftbehind@sasktel.net

Lighthouse Supported Living (Homeless Shelter)

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

304-2nd Ave South
Saskatoon, SK S7K 1L1

Phone: 653-0538
Website: 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. **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
Saskatoon, SK S7J 3L3

Phone: (306) 655-4590
Website: www.saskhealthauthority.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.

220-19th 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.

323-4th Ave South
Saskatoon, SK

Phone: Mike 979-3758 Robin 717-3246

Narcotics Anonymous

A twelve step program that helps people with addiction issues.

www.csana.org

Phone: 652-5216

Obsessive Compulsive Disorder One on One Support

Provide 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.

510 – 5th Avenue North
Saskatoon, SK S7K 2R2

Phone: 933-0530

Peer Support Program

Provided by people with their own lived experience of mental health and/or addiction challenges. Helps clients achieve a self determined outcome or goal. Referrals made by Mental Health & Addictions Services staff on behalf of their clients. Call for more information.

Phone: 655-4590

Problem Gambling Line

Phone: 1-800-306-6789

Problem Gambling at Addictions Services

Provides support for people with gambling issues.

701 Queen Street
Saskatoon, SK S7K 0M7

Phone: 655-7777

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

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

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

103 – 506 25th Street East
Saskatoon, SK S7K 4A7

Phone: 933-6200
Website: 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 – 2nd Avenue North
Saskatoon, SK S7K 2C2

Phone: 652-0300
Website: 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

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, anxiety disorder, and depression present with family members of those with mental illness and health professionals as a team. Contact Curtis for further details.

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

Phone: 374-3220
Website: www.schizophrenia.sk.ca

Strengthening Families Together: A support group for family members of people that are supporting relatives with mental illness. Contact Gloria for further details and meeting times.

Phone: 374-2224
Email: Gloria@schizophrenia.sk.ca

Your Recovery Journey Program: This is a support group for people with the lived experience of schizophrenia, schizoaffective disorder, bipolar disorder, anxiety disorder and depression. The program helps people plan their recovery from mental illness. Contact Gloria for further details and meeting times.

Phone: 374-2224
Email: Gloria@schizophrenia.sk.ca

The Rec Group: Provides recreational activities for people directly affected by schizophrenia, schizoaffective disorder, bipolar disorder, anxiety disorder and depression. Contact Gloria for further details and meeting times.

Phone: 374-2224
Email: Gloria@schizophrenia.sk.ca

Tobacco Cessation Program

Provides support for people wanting to quit smoking.

tobaccofree@saskhealthauthority.ca

Phone: 655-7777

Additional Services Related to Mental Health in Saskatoon

Aboriginal Friendship Centres of Saskatchewan

Provide numerous programs for people in the aboriginal community.

115 Wall Street

Phone: 955-0762

Saskatoon, SK S7K 6C2

Website: 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

Phone 683-6322

Saskatoon, SK S7L 3R5

Website: www.alzheimer.ca/sk

Autism Services of Saskatoon

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

609-25th Street East

Phone: 665-7013

Saskatoon, SK S7K 0L7

Website: www.autismservices.ca

Partners Program Canadian Council Rehabilitation & Work (Federal Government 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.

1705 McKerrcher Drive

Saskatoon, SK S7H 5N6

dboyenko@ccrw.org

Phone: 651-7177

Canadian Disability Benefits

Call for more information on adult and child benefits.

www.servicecanada.gc.ca

Phone: 1-800-277-9914

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

Phone: 244-7773

200 – 506 – 25th Street East

www.cfcsaskatoon.sk.ca

Community Resources and Employment (Social Services)

Call for more information.

Phone: 1-866-221-5200

160-2nd Ave South Saskatoon

Health Line

They have trained nursing staff that can answer your medical questions 24 hours a day.

HEALTHLINEONLINE.CA

Phone: 811

Saskatchewan Abilities Council

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

2310 Louise Avenue

Phone: 374-4448

Saskatoon, SK S7J 2C7

Website: www.abilitiescouncil.sk.ca

Saskatchewan Association for the Rehabilitation of the Brain Injured

Provides a day program for the brain injured.

#5-501 45th Street East

Phone: 373-3050

Saskatoon, SK S7L 5Z9

Website: 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

Phone: 373-1555

Saskatoon, SK S7M 2Z1

Website: www.sbia.ca

Saskatoon Housing Authority

Helps people with affordable and safe housing.

525-24th Street East

Phone: 668-2700

Saskatoon, SK S7K 0K9

Saskatoon Sexual Assault Centre

Provides services and counseling for people affected by sexual assault.

201-506 25th Street East

Phone: 244-2294

Saskatoon, SK S7K 4A7

Website: www.saskatoonsexualassaultcentre.com

University of Saskatchewan Access & Equity Services (formerly Disability Services)

Provide services for people on campus with disabilities.

aes@usask.ca

Phone: 966-7273

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 20th Street West (White Buffalo Lodge)

Phone: 653-7676

Saskatoon, SK S7M 0X7

Website: www.sktc.sk.ca