



Association canadienne  
pour la santé mentale  
Saskatchewan  
*La santé mentale pour tous*

Canadian Mental Health Association  
Call: 1-800-461-5483  
Email: [contactus@cmhask.com](mailto:contactus@cmhask.com)

### Provincial Crisis Lines

First Nations and Inuit Hope for Wellness	1-855-242-3310
Out S (Gay and Lesbian Health Services)	1-855-358-1833
Farm Stress	1-800-757-0127
LGBT Youth Line	1-800-268-9688
Problem Gambling	1-800-306-6789
Kids Help (text 686868)	1-800-668-6868

### Crisis by Location

Regina	1-800-306-6789
Regina General Crisis Services	1-306-525-5333
North East Sask.	1-800-611-6349
Saskatoon	1-306-933-6200
Estevan	1-800-216-7689
Swift Current (only responds to local area phone #)	1-800-567-3334
Meadow Lake	1-306-236-5570

Online Therapy [www.onlinetherapyuser.ca](http://www.onlinetherapyuser.ca) 1-306-337-3331

National Suicide Prevention [www.crisisservicescanada.ca](http://www.crisisservicescanada.ca) 1-833-456-4566 or text #45645

(The Provincial 811 Health Line is not a crisis line; it is an information line.)



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