

## Support Service Directory and COVID-19 Information

### Emergency & Non-Emergency Ambulance, Fire, Police, Medical

| Agency / Organization                           | Contact Information  |
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| <b>EMERGENCY – Ambulance, Police, Fire</b>      | <b>9-1-1</b>   |
| <b>Healthline</b>                               | <b>8-1-1</b>   |
| <b>Saskatchewan Community Resources</b>         | <b>2-1-1</b>   |
| <b>Ambulance (Non-Emergency)</b>                | Melfort: 306-752-4395<br>Nipawin: 306-862-2717<br>Tisdale: 306-873-4559  |
| <b>R.C.M.P. (Non-Emergency)</b>                 | Melfort: 306-752-6420<br>Nipawin: 306-862-6270<br>Tisdale: 306-878-3810  |
| <b>Fire (Non-Emergency)</b>                     | Melfort: 306-752-5911<br>Nipawin: 306-862-9866<br>Tisdale: 306-873-4444  |
| <b>Hospital: Emergency &amp; Non-Emergency</b>  | Melfort: 306-752-8700<br>Nipawin: 306-862-6100<br>Tisdale: 306-873-2621  |
| <b>Medical Clinic (Non-Emergency)</b>           | Melfort: 306-752-6330<br>Nipawin: 306-862-4626<br>Tisdale: 306-873-4561  |
| <b>MedSask- Medication Information</b>          | 1-800-667-DIAL (3425)<br>Text: 306-260-3554<br>Email: <a href="mailto:druginfo@usask.ca">druginfo@usask.ca</a> |
| <b>Poison Control – Saskatchewan (24 hours)</b> | 1-866-454-1212   |
| <b>Public Health</b>                            | Melfort: 306-752-6310<br>Nipawin: 306-862-7230<br>Tisdale: 306-873-8282  |

## Local Support Programs

| Name of Agency   | Contact Information  | Service  |
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| <b>Detox &amp; Inpatient Treatment Information</b>   | 306-752-8767   | Mental Health & Addiction Services (connects through Melfort) <ul style="list-style-type: none"> <li>• Referrals to further resources</li> </ul>   |
| <b>Kids First Program - Nipawin</b>  | 306-862-6222   | Services include: <ul style="list-style-type: none"> <li>• Prenatal referral and support</li> <li>• In-depth family assessment</li> <li>• Home-visiting services</li> <li>• Mental health and addiction services</li> <li>• Early learning and child care opportunities</li> <li>• Family support opportunities</li> </ul>   |
| <b>Mental Health &amp; Addiction Services (Kelsey Trail Health Region &amp; Saskatchewan Health Authority)</b> | Central Intake: 306-752-8767<br>Melfort: 306-752-8767<br>Nipawin: 306-862-9822<br>Tisdale: 306-873-3760<br><a href="https://www.kelseytrailhealth.ca/Programs/MHA/Pages/default.aspx">https://www.kelseytrailhealth.ca/Programs/MHA/Pages/default.aspx</a> | Intake Line (connects to Melfort)<br>Mental Health services include: <ul style="list-style-type: none"> <li>• Local referral and support</li> <li>• Outpatient rehabilitation services</li> <li>• Therapy for victims of abuse</li> <li>• Child &amp; youth service</li> <li>• Behavior management counselling</li> <li>• Therapy for stress, anxiety, depression, phobia</li> <li>• Psychological assessment</li> <li>• Crisis service</li> <li>• Education</li> </ul> Addiction services include: <ul style="list-style-type: none"> <li>• Outpatient counselling to individuals involved in/affected by substance abuse</li> <li>• Problem gambling counselling</li> <li>• Education and prevention programs</li> </ul> |
| <b>Ministry of Social Services</b>   | Saskatchewan Toll Free: 1-866-221-5200<br><a href="mailto:socialservicesinquiry@gov.sk.ca">socialservicesinquiry@gov.sk.ca</a><br>Melfort: 1-800-487-8640<br>Nipawin: 1-800-487-8594<br>Tisdale: 1-800-487-8594  | <ul style="list-style-type: none"> <li>• Income support</li> <li>• Child and family services</li> <li>• Supports for persons with disabilities</li> <li>• Affordable housing</li> </ul>  |

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| <b>Child Protection Services</b>                               | 1-866-719-6164 (Prince Albert/North)   | 24-hour provincial child protection intake line <ul style="list-style-type: none"> <li>To report all incidents of suspected, observed, or disclosed child abuse and/or neglect from anywhere within the province</li> </ul>            |
| <b>Northeast Early Childhood Intervention Program (NEECIP)</b> | 306-873-3411   | Supporting families with pre-school age children experiencing developmental delays   |
| <b>Northeast Newcomer Services</b>                             | 306-873-2672<br><a href="mailto:www.info@northeastnewcomerservices.com">www.info@northeastnewcomerservices.com</a> | Settlement support for newcomers to Canada (including international students)  |
| <b>Northeast Outreach and Support Services (NEOSS)</b>         | 1-800-611-6349<br>306-752-9464<br><a href="http://www.northeastoutreach.ca">www.northeastoutreach.ca</a>           | <ul style="list-style-type: none"> <li>24-hour crisis line</li> <li>Outreach Counseling services</li> <li>Emergency Home for children</li> <li>Transitional housing for Women (and their families)</li> <li>Women's Shelter</li> </ul> |

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| <b>Northeast Regional Victim Services</b> | Main office in Tisdale<br>306-878-3819<br><a href="http://www.nervs.ca">www.nervs.ca</a>      | Provides confidential support to victims of crime and traumatic events in the Northeast Region <ul style="list-style-type: none"> <li>Information</li> <li>Support</li> <li>Advocacy</li> <li>Links to other resources</li> </ul>                 |
| <b>Salvation Army - Melfort</b>           | Monday – Friday/9:30am – 5:00pm<br>306-752-3525<br>After Hours<br>306-920-9166 (call or text) | <ul style="list-style-type: none"> <li>Free Lunch program</li> <li>Thrift store</li> <li>Emergency clothing</li> <li>Emergency food assistance</li> <li>Christmas hampers</li> <li>Backpack program</li> </ul>                                    |
| <b>Salvation Army – Tisdale</b>           | 306-873-4643  | <ul style="list-style-type: none"> <li>Emergency food hampers</li> <li>Emergency/crisis support w/household and clothing items</li> <li>Fill-a-backpack – School supply program</li> <li>Christmas hampers</li> <li>Income tax support</li> </ul> |

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| <b>Salvation Army - Nipawin</b> | 306-862-5335   | <ul style="list-style-type: none"> <li>• Thrift Store</li> <li>• Emergency clothing</li> <li>• Food Bank</li> <li>• Christmas Hampers</li> <li>• Backpack program</li> <li>• Income Tax return Assistance</li> <li>• Subsidized youth summer camps</li> <li>• On-site community, family, and child services worker</li> </ul> |
| <b>STR8-UP</b>                  | Saskatoon: 306-244-1771<br>Prince Albert: 306-763-3001<br>Email: <a href="mailto:info@str8-up.ca">info@str8-up.ca</a><br>Website: <a href="http://www.str8-up.ca">www.str8-up.ca</a> | <ul style="list-style-type: none"> <li>• Outreach services, programming and support to those who have lived or are living criminal street lifestyles and who want to make positive changes in their lives</li> </ul>  |

## Indigenous Support Services

| Agency  | Contact Information  | Service  |
|---|--|--|
| <b>First Nations &amp; Inuit Hope for Wellness Helpline</b> | 1-855-242-3310<br><a href="https://www.hopeforwellness.ca/">https://www.hopeforwellness.ca/</a>  | 24 hours a day, 7 days a week.<br>Phone and chat counselling is available in English and French. On request, phone counselling is also available in: <ul style="list-style-type: none"> <li>• Cree</li> <li>• Ojibway</li> <li>• Inuktitut</li> </ul>  |
| <b>James Smith Cree Nation Wellness Centre</b>              | 306-864-2454<br><a href="http://www.jamesmithhealthclinic.com/">http://www.jamesmithhealthclinic.com/</a>  | <ul style="list-style-type: none"> <li>• Doctor visits</li> <li>• Community health programming</li> <li>• Nutrition support</li> <li>• Dental support</li> <li>• Mental health support</li> <li>• Youth programs</li> </ul>  |
| <b>Kinistin Saulteaux Nation Wellness Centre</b>            | 306-878-8181<br><a href="http://www.ehealth-north.sk.ca/facility.aspx?m=4&amp;facility=102">http://www.ehealth-north.sk.ca/facility.aspx?m=4&amp;facility=102</a>  | <ul style="list-style-type: none"> <li>• Doctor visits</li> </ul>  |
| <b>Muskoday First Nation Community Health Centre</b>        | 306-764-6737<br>1-866-564-6737<br><a href="https://muskodayfn.ca/muskoday">https://muskodayfn.ca/muskoday</a><br><a href="https://muskodayfn.ca/muskoday-community-health-center/community-health-center/">https://muskodayfn.ca/muskoday-community-health-center/community-health-center/</a> | <ul style="list-style-type: none"> <li>• Community health education &amp; awareness programs</li> <li>• Tuberculosis support</li> <li>• Home Care</li> <li>• Community Addiction programs</li> <li>• Medical transportation</li> <li>• Child and Family services</li> <li>• Dental Care</li> </ul>                     |
| <b>Red Earth Cree Nation Health Centre</b>                  | (306) 768 3617<br><a href="http://www.redearthcreenation.com/health">http://www.redearthcreenation.com/health</a><br><a href="http://www.redearthcreenation.com/health-centre.html">http://www.redearthcreenation.com/health-centre.html</a>   | <ul style="list-style-type: none"> <li>• Physician services</li> <li>• Public health</li> <li>• Telehealth services</li> <li>• Mental Health services</li> <li>• Home Care</li> <li>• Medical Transport</li> <li>• Addiction Services</li> <li>• Dentist</li> <li>• Diabetes Education</li> <li>• Dietitian</li> </ul> |
| <b>Shoal Lake Cree Nation Health Centre</b>                 | (306) 768 3457<br><a href="https://www.pagc.sk.ca/health/programs">https://www.pagc.sk.ca/health/programs</a>  | <ul style="list-style-type: none"> <li>• Home Care</li> <li>• Medical transport</li> <li>• Mental Health Services</li> <li>• Physician Services</li> <li>• Nurse Practitioner</li> <li>• Maternal / Child health services</li> </ul>   |

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| <b>Yellow Quill First Nation Health Centre</b>   | 306-322-2041<br><br><a href="http://www.ehealth-north.sk.ca/facility.aspx?m=4&amp;facility=107">http://www.ehealth-north.sk.ca/facility.aspx?m=4&amp;facility=107</a> | <ul style="list-style-type: none"> <li>• Doctor visits</li> <li>• Community health programming</li> <li>• Nutrition support</li> <li>• Dental services</li> <li>• Mental Health Services</li> <li>• Youth Programs</li> </ul>  |
| <b>Marguerite Riel Center</b>  | 306-752-4950<br><a href="https://margueriterielcentre.com/services">https://margueriterielcentre.com/services</a>   | <ul style="list-style-type: none"> <li>• Parent &amp; family support programs</li> <li>• Childcare</li> <li>• Community kitchen</li> <li>• Soup kitchen</li> <li>• Emergency food hampers</li> <li>• Community gardens</li> <li>• Court/justice support</li> <li>• Housing support</li> <li>• Life skills</li> <li>• Traditional &amp; cultural teaching</li> <li>• Group programming: anger management, parenting, healing circles, grief and loss, etc.</li> <li>• Youth Programs: gym night, summer activities, cultural teachings, peer support activities.</li> </ul> |
| <b>Métis Nation ER II – SK Housing Support Program and Personal Protective Equipment Program</b> | 1-833-343-8285 ER2— Sherry Soll sherrysoll@mns.work<br><br>(306) 613 9073   | <ul style="list-style-type: none"> <li>• One-time \$500 payment to Metis household needing relief</li> <li>• Personal Protective equipment (PPE) may include hand sanitizer, masks, disinfectant cleaning supplies, gloves, clinical thermometers</li> <li>• Available to registered and self-identifying Metis</li> </ul> MN-S will access and distribute supplies and Regions will identify at-risk Metis.   |
| <b>Metis Nation ER II Emergency Childcare Support</b>  | 1 833 343 8391<br>Contact Lisa Fleming at <a href="mailto:lfeming@mns.work">lfeming@mns.work</a>  | <ul style="list-style-type: none"> <li>• One time \$500 per child to a maximum of \$2,500.</li> <li>• Children must be under 10; registered MN-S citizens; resident of Sask. For past 6 months.</li> <li>• An MN-S daycare for first responders and emergency works will be available. Full criteria and online applications are available on the MN-S website.</li> </ul>   |
| <b>Metis Nation Support Lines</b>  | Mental Health & Addition Line – 1 855 671 5638<br><br>Crisis Line: 1 877 767 7572   | <ul style="list-style-type: none"> <li>• Monday to Friday 8:00 a.m. to 4:00 p.m</li> <li>• Crisis line 24/7</li> </ul>   |

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| <b>Nipawin Oasis Community Centre</b>                                      | (306) 862 5551<br>Cell: (306) 276 7548<br>Email: <a href="mailto:nipoasis1@sasktel.net">nipoasis1@sasktel.net</a><br>Website:<br><a href="http://www.nipawinoasis.com">www.nipawinoasis.com</a>  | Open Monday to Friday 9 to 5 <ul style="list-style-type: none"> <li>• After-school youth programs</li> <li>• Summer reading program</li> <li>• Housing application assistance</li> <li>• Resume Assistance</li> <li>• Income Tax assistance</li> <li>• Addiction &amp; Mental Health referrals and applications</li> <li>• Anger management education</li> <li>• Phone/fax/computer services</li> <li>• Indigenous cultural programs</li> </ul>   |
| <b>PA Friendship Centre</b>  | 306-764-3431<br><a href="https://www.afcs.ca/home.html">https://www.afcs.ca/home.html</a>  | Providing referrals and counselling for Indigenous People with respect to employment, housing, education, health, and liaison with other community organizations  |
| <b>Prince Albert Grand Council</b><br>(Red Earth, Shoal Lake, James Smith) | 306-953-7200<br><a href="https://www.pagc.sk.ca/">https://www.pagc.sk.ca/</a>  | <ul style="list-style-type: none"> <li>• Agriculture</li> <li>• Child Care</li> <li>• Education</li> <li>• Forestry</li> <li>• Health</li> <li>• Holistic Wellness</li> <li>• Information Technology</li> <li>• Justice</li> <li>• Spiritual Healing</li> <li>• Sports, culture, and recreation</li> </ul>  |
| <b>PAGC Spiritual Healing Lodge</b>  | Ph: 306-953 2498<br>Fax: 306-953-2514<br>Email: <a href="mailto:shlreception@pagc.net">shlreception@pagc.net</a><br><br><a href="https://www.pagc.sk.ca/spiritual-healing">https://www.pagc.sk.ca/spiritual-healing</a><br><a href="https://www.pagc.sk.ca/spiritual-healing-lodge/lodge/">https://www.pagc.sk.ca/spiritual-healing-lodge/lodge/</a> | 12-bed facility which provides accommodation for low-security male inmates and offenders from federal institutions. Programming includes: <ul style="list-style-type: none"> <li>• Weekly sweats</li> <li>• Talking circles</li> <li>• Pipe ceremonies</li> <li>• One-on-ones</li> <li>• Smudging</li> <li>• Traditional parenting</li> <li>• Fire Keepers' teachings</li> <li>• Medicine Wheel teachings</li> <li>• Group addiction counselling, AA, NA &amp; GA</li> <li>• Individual addiction counselling</li> <li>• Men's group</li> <li>• Family Violence Prevention</li> <li>• Parenting skills</li> <li>• Grief &amp; Loss</li> <li>• Safe food handling</li> <li>• Chainsaw safety</li> <li>• Anger Management</li> <li>• Church</li> <li>• Literacy upgrading</li> <li>• Beading</li> <li>• Carving</li> <li>• Drum making</li> <li>• Hide tanning</li> <li>• Drumming &amp; singing</li> <li>• Carpentry projects</li> <li>• Sun Dances</li> <li>• Rain Dances <ul style="list-style-type: none"> <li>• Round Dances</li> <li>• Pow wows</li> <li>• Fasting</li> <li>• Tipi teachings</li> <li>• Nutrition</li> <li>• STD clinics</li> </ul> </li> </ul> |

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| <p><b>Sakwatamo Lodge Family Treatment Centre</b><br/>(James Smith Cree Nation)</p> | <p>306-864-3631<br/> <a href="https://www.pagc.sk.ca/health/programs">https://www.pagc.sk.ca/health/programs</a><br/> <a href="https://www.pagc.sk.ca/health/programs-and-services/sakwatamo-lodge-3/">https://www.pagc.sk.ca/health/programs-and-services/sakwatamo-lodge-3/</a></p> | <p>Treatment activities with a goal of strengthening First Nations against alcoholism and drug addiction.</p> <ul style="list-style-type: none"> <li>• Alcohol and drug education</li> <li>• Cultural teaching &amp; ceremonies</li> <li>• Family wellness</li> <li>• Individual &amp; group counselling</li> <li>• Family counselling</li> <li>• Traditional crafts</li> <li>• Life skills development</li> <li>• Youth skill development</li> </ul> <p>Child care support</p> |
| <p><b>Saskatoon Tribal Council</b><br/>(MFN, KSN, YQFN)</p>                         | <p>306-956-6100<br/> <a href="https://www.sktc.sk.ca/programs-services/">https://www.sktc.sk.ca/programs-services/</a></p>  | <ul style="list-style-type: none"> <li>• Economic development</li> <li>• Community health programs: mental health, addictions, maternal child health, nutrition, diabetes, chronic conditions, Indian Residential School programs</li> <li>• Early childhood learning</li> <li>• Environmental health standards</li> <li>• Housing</li> <li>• Justice</li> <li>• Education</li> <li>• Labour force development</li> </ul>   |
| <p><b>Saulteaux Healing &amp; Wellness Centre</b><br/>(Cote First Nation)</p>       | <p>306-542-4110<br/> <a href="http://shwc.ca/">http://shwc.ca/</a></p>  | <ul style="list-style-type: none"> <li>• Addictions in-patient treatment program</li> </ul>   |

## Help Lines and Provincial/National Services

| Name of Agency   | Contact Information  | Service  |
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| AA Help Line   | Saskatoon: 306-665-6727<br>Regina: 306-545-9300<br><a href="https://www.aa.org/">https://www.aa.org/</a>   | 24/7 Service support line  |
| Al-Anon and Alateen                                      | 306-691-5811   | 24/7 Service support line  |
| Narcotics Anonymous                                      | 1-877-463-3537<br><a href="https://www.na.org/">https://www.na.org/</a>  | 24/7 Service support line  |
| Abuse Line/Sexual Assault Line (Child)                   | 1-800-422-4453   | 24/7 crisis support line   |
| Acquired Brain Injury Program – Life Without Barriers    | 1-866-899-9951 306-765-6630<br><a href="https://paphr.ca/services/acquired-brain-injury-services">https://paphr.ca/services/acquired-brain-injury-services</a> | Group of programs that assist individuals, families, and communities affected by an acquired brain injury. Provide case management, consultation and education.  |
| Bounce Back Reclaim your health                          | <a href="https://wellnesstogether.ca/en-CA">https://wellnesstogether.ca/en-CA</a> 1-855-873-0013   | Free program from the Canadian Mental Health Association designed to help adults with depression, anxiety, stress or worry   |
| Bridgepoint Centre for Eating Disorders                  | 306-953-2240<br><a href="http://www.bridgepointcenter.ca">www.bridgepointcenter.ca</a>   | Resource for recovery-based programs for people experiencing disordered eating.  |
| Catholic Family Services                                 | 306-922-3202<br><a href="https://www.cfspa.ca/">https://www.cfspa.ca/</a>  | Counseling services for individuals and families. Provide programming for a variety of topics from parenting to anger management.  |
| C.A.R.E. (Caregiver Affected Recovery Education) Program | 1-800-461-5483<br><a href="https://sk.cmha.ca/programs-services/care-program/">https://sk.cmha.ca/programs-services/care-program/</a>                          | A program developed for the Canadian Mental Health Association, Saskatchewan Division Inc. Designed to offer support and education to anyone who provides services and assistance to vulnerable individuals. |
| Canadian Human Trafficking Hotline                       | 1-833-900-1010   | 24/7 support line  |
| Child Abuse Line   | 306-569-2724   | 24/7 support line  |
| Child Protection Intake Line (Prince Albert – North)     | 1-866-719-6164   | Report all incidents of suspected, observed, or disclosed abuse.   |

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| <b>Child Help National Child Abuse Hotline</b> | 1-800-422-4453   | 24/7 support line  |
| <b>Emotions Anonymous Phone Support</b>        | 306-384-9847<br><a href="https://emotionsanonymous.org/">https://emotionsanonymous.org/</a>  | Facilitates the efforts of individuals seeking to improve their emotional well-being.<br>Meetings held in-person, over the phone, and virtually.   |
| <b>Farm Stress Line</b>                        | 1-800-667-4442<br><a href="http://www.mobilecrisis.ca/farm-stress-line">http://www.mobilecrisis.ca/farm-stress-line</a><br><a href="http://www.mobilecrisis.ca/farm-stress-line-rural-saskrural-sask">http://www.mobilecrisis.ca/farm-stress-line-rural-saskrural-sask</a> | Phone service and mobile crisis 24/7 <ul style="list-style-type: none"> <li>• Mental health – stress, depression, suicidal thoughts</li> <li>• Domestic violence</li> <li>• Teen parent conflict</li> <li>• Seniors abuse and neglect</li> <li>• Relationships</li> <li>• Parenting</li> <li>• Addiction</li> <li>• Grief</li> <li>• Custody</li> <li>• Child abuse and neglect</li> <li>• Youth issues – school, relationships with peers and parents</li> <li>• Financial</li> </ul> |
| <b>Gamblers Anonymous</b>                      | 1-855-781-9522   | 24/7 support line  |
| <b>Kids Help Phone</b>                         | 1-800-668-6868<br>Text CONNECT to 686868<br><a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a>   | Phone, text, chat and access resources. Support with any personal challenges including anxiety related to COVID 19   |
| <b>Mental Health Mobile Crisis Team</b>        | 1-888-429-8167   | Short-term crisis management for those in distress   |
| <b>Legal Aid</b>                               | 1-877-424-1907<br>306-752-6220   | Free legal services  |
| <b>My Wellness App</b>                         | <a href="http://www.mywellness.com">www.mywellness.com</a>   | Online support services, self-assessment and personal wellness information via Cumberland College student portal and website   |
| <b>National Crisis Support Line</b>            | 1-844-751-2133   | 24/7 support line available to anyone in need of emotional support   |
| <b>Online Therapy</b>                          | <a href="https://www.onlinetherapyuser.ca/">https://www.onlinetherapyuser.ca/</a>  | Contact your campus advisor for more information. Service is free.   |
| <b>Online Therapy Inkblot Therapy</b>          | <a href="https://inkblottherapy.com/">https://inkblottherapy.com/</a>  | Contact your campus advisor for more information. Service is free.   |

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| <b>OUTSaskatoon</b>                                      | 306-665-1224<br><a href="https://www.outsaskatoon.ca/">https://www.outsaskatoon.ca/</a> | Programs and services address underlying issues which affect the health and welfare of the queer and transgender community by heterosexism, homophobia, biphobia and transphobia.  |
| <b>Prince Albert Children's Haven</b>                    | 306-922-4454  | 24/7 Emergency Care for Children   |
| <b>Prince Albert Sexual Health Clinic (Access Place)</b> | 306-765-6544  | <ul style="list-style-type: none"> <li>• Testing for all sexually transmitted infections (STIs)</li> <li>• Rapid HIV testing</li> <li>• Treatment for STIs</li> <li>• Referrals to Hepatitis C &amp; HIV positive care programs</li> <li>• Referrals to addiction programs</li> <li>• Pregnancy testing</li> <li>• Hepatitis A &amp; B immunizations</li> <li>• Free condoms</li> <li>• Educational presentations</li> </ul> |
| <b>Problem Gambling Help Line</b>                        | 1-800-306-6789<br><a href="http://www.spgh.ca/">http://www.spgh.ca/</a>                 | Gambling addiction help, support and information.  |
| <b>Saskatchewan Drug Information Line</b>                | 1-800-665-3784<br><a href="https://medsask.usask.ca/">https://medsask.usask.ca/</a>     | medSask supports appropriate prescribing and medication safety in Saskatchewan by providing accurate, evidence-based information on medications and medication therapy to the general public, healthcare providers, and other stakeholders.  |
| <b>Saskatchewan Emergency Measures Organization</b>      | 1-306-787-9563  | 24/7 information and to reach local Saskatchewan Public Safety Agency contacts   |
| <b>Saskatchewan Environment Spill Report Centre</b>      | 1-800-667-7525  | 24/7 – Spill Control Centre  |
| <b>Saskatchewan HIV/AIDS Hotline</b>                     | 1-800-667-6876  | <p>Call if:</p> <ul style="list-style-type: none"> <li>• You have questions about HIV/AIDS</li> <li>• You think you may be infected</li> </ul> <p>You would like to arrange for testing</p>  |

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| <b>Schizophrenia Society of Saskatchewan</b>                           | 1-877-584-2620<br><a href="https://www.schizophrenia.sk.ca/">https://www.schizophrenia.sk.ca/</a>   | Support for people affected by schizophrenia and psychosis. <ul style="list-style-type: none"> <li>• Education</li> <li>• Resources</li> <li>• Public policy</li> <li>• Research</li> <li>• Programming</li> </ul>  |
| <b>Sexual Assault Services of Saskatchewan</b>                         | 306-526-8776<br>Email: admin.sass@sasktel.net<br><a href="http://sassk.ca/">http://sassk.ca/</a>  | A provincial non-profit organization that works collectively with front-line agencies, community partners, and governments. <ul style="list-style-type: none"> <li>• Support and advocacy for those affected by sexual violence</li> <li>• Database of contact information for agencies in Saskatchewan that offer sexual assault counseling and support</li> <li>• Blog and resources</li> </ul> |
| <b>Sex Addicts Anonymous</b>   | 1-800-477-8191  | 24/7 Support Services   |
| <b>Smokers' Helpline</b>   | 1-877-513-5333  | 24/7 Support Services   |
| <b>Suicide Prevention Lifeline</b>                                     | 1-800-273-8255<br><a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>   | Lifeline provides 24/6 free and confidential support for people in distress.<br>Prevention and crisis resources for you or your loved ones, and best practice professionals.  |
| <b>Straight to the Point Harm Reduction Program</b><br>(Prince Albert) | 306-765-6533<br><a href="https://paphr.ca/hospitals-clinic-locations/primary-care-walk-in-clinics/sexual-health-clinic-access-place">https://paphr.ca/hospitals-clinic-locations/primary-care-walk-in-clinics/sexual-health-clinic-access-place</a> | <ul style="list-style-type: none"> <li>• Regional needle exchange program • Referrals to Hepatitis C &amp; HIV Program, sexual health clinic, nurse practitioner, addiction programs, detox, methadone program, etc.</li> <li>• Educational presentations</li> <li>• Community retrieval of publicly discarded needles</li> </ul>   |

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| <p><b>Take Home Naloxone Kits</b><br/>(Prince Albert)</p> | <p>306-765-6542<br/> <a href="https://paphr.ca/hospitals-clinic-locations/primary-care-walk-in-clinics/sexual-health-clinic-access-place">https://paphr.ca/hospitals-clinic-locations/primary-care-walk-in-clinics/sexual-health-clinic-access-place</a><br/> <a href="https://paphr.ca/hospitals-clinic-locations/primary-care-walk-in-clinics/sexual-health-clinic-access-place">https://paphr.ca/hospitals-clinic-locations/primary-care-walk-in-clinics/sexual-health-clinic-access-place</a></p> | <p>Prevent, recognize, and respond to an opioid overdose.</p> <ul style="list-style-type: none"> <li>• Take home naloxone kits</li> <li>• Training</li> </ul> |
| <p><b>Trans Lifeline</b></p>                              | <p>1-877-565-8860<br/> <a href="https://translifeline.org/">https://translifeline.org/</a></p>  | <p>24/7 Support Services<br/> Trans-led organization that connects trans people to community, support and resources.</p>                                      |
| <p><b>Wellness Together Canada</b></p>                    | <p><a href="https://wellnesstogether.ca/en-CA">https://wellnesstogether.ca/en-CA</a> 1-866-585-0445 (Adults) 1-888-668-6810 (Youth)<br/> Text (SMS) <b>WELLNESS</b> to <b>741741</b></p>  | <p>24/7 mental health and substance support<br/> Free live counselling</p>  |
| <p><b>Young Offenders</b></p>                             | <p>1-877-862-1850</p>   |   |

## Websites

| Name of Website  | Link  | Description   |
|--|---|---|
| 211 Saskatchewan                                       | <a href="https://sk.211.ca/">https://sk.211.ca/</a>   | Links to SK based crisis lines  |
| Saskatchewan Government COVID-19                       | <a href="https://www.saskatchewan.ca/government/healthhttps://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronaviruscare-administration-and-providerhttps://www.saskatchewan.ca/government/h ealth-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirusresources/treatment-procedures-andhttps://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirusguidelines/emerging-public-health-issues/2019https://www.saskatchewan.ca/governmen t/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirusnovel-coronavirus">https://www.saskatchewan.ca/government/healthhttps://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronaviruscare-administration-and-providerhttps://www.saskatchewan.ca/government/h ealth-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirusresources/treatment-procedures-andhttps://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirusguidelines/emerging-public-health-issues/2019https://www.saskatchewan.ca/governmen t/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirusnovel-coronavirus</a> | Link to self-assessment tool, information regarding symptoms, public health orders, etc.  |
| Saskatchewan Government COVID-19 News & Media          | <a href="https://www.saskatchewan.ca/news#utm_campaign=q2_2015&amp;utm_medium=short&amp;utm_source=%2Fnews">https://www.saskatchewan.ca/news#utm_campaign=q2_2015&amp;utm_medium=short&amp;utm_source=%2Fnews</a>   | Province updates related to the pandemic  |
| Government of Canada COVID-19 Outbreak Update          | <a href="https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirushttps://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.htmlinfection.html">https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirushttps://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.htmlinfection.html</a>   | Coronavirus disease (COVID-19): Outbreak update for all Canadian provinces  |
| Government of Canada's COVID-19 Economic Response Plan | <a href="https://www.canada.ca/en/departmenthttps://www.canada.ca/en/department-finance/economic-response-plan.html - businessfinance/economic-response-plan.html#business">https://www.canada.ca/en/departmenthttps://www.c anada.ca/en/department-finance/economic-response-plan.html - businessfinance/economic-response-plan.html#business</a>  | Guide on government supports to individuals and businesses having personal or financial difficulties due to the pandemic. <ul style="list-style-type: none"> <li>• Employment Insurance (EI) Program</li> <li>• Canada Recovery Benefit (CRB)</li> <li>• Canada Recovery Sickness Benefit (CRSB)</li> </ul> |

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|   |   | <ul style="list-style-type: none"> <li>• Canada Recovery Caregiving Benefit (CRCB)</li> <li>• Canada Emergency Response Benefit (CERB)</li> <li>• Mortgage payment deferral</li> </ul>   |
| <b>Bell Let's Talk</b>                      | <a href="https://wellcan.ca/">https://wellcan.ca/</a><br><a href="https://letstalk.bell.ca/en/">https://letstalk.bell.ca/en/</a>                                    | An online and in-app collection of resources available to all Canadians. WellCan offers easy access to an extensive range of free resources to support your mental health amid the COVID-19 crisis.  |
| <b>Coronavirus Response Information Hub</b> | <a href="https://coronavirus-response-blackgold.hub.arcgis.com/gold.hub.arcgis.com/">https://coronavirus-response-blackgold.hub.arcgis.com/gold.hub.arcgis.com/</a> | <ul style="list-style-type: none"> <li>• Global Statistics</li> <li>• Canadian Specific Statistics</li> <li>• Symptoms of COVID-19</li> <li>• Prevention &amp; Protection Strategies</li> <li>• What to do if you sick?</li> <li>• Local Resources</li> <li>• Interesting News Articles 'Mapping the Novel Coronavirus Outbreak'</li> <li>• Alberta Health Services, Saskatchewan Health Authority &amp; BC Provincial Health Authority Latest Information through tweets.</li> <li>• CDC and various Canadian Health Resources</li> <li>• National / Global Resources</li> <li>• FAQ's of COVID-19</li> </ul> |
| <b>Greater Good Magazine</b>                | <a href="https://greatergood.berkeley.edu/education">https://greatergood.berkeley.edu/education</a>   | Greater Good magazine provides resources to help you find resilience in these uncertain times, and you can subscribe to a happiness calendar of daily suggestions to practice gratitude.   |

## Guides/Handbooks

| Name of Guide   | Link or source  | Description  |
|---|---|--|
| Surviving to Thriving: Developing Personal and Academic Resilience      | <a href="https://www.healthycampusalberta.ca/wp-content/uploads/2019/08/From_Surviving_to_Thriving_ENhttps://www.healthycampusalberta.ca/wp-content/uploads/2019/08/From_Surviving_to_Thriving_EN-2.pdf?mc_cid=09df6f234f&amp;mc_eid=658f0e5c832.pdf?mc_cid=09df6f234f&amp;mc_eid=658f0e5c83">https://www.healthycampusalberta.ca/wp-content/uploads/2019/08/From_Surviving_to_Thriving_ENhttps://www.healthycampusalberta.ca/wp-content/uploads/2019/08/From_Surviving_to_Thriving_EN-2.pdf?mc_cid=09df6f234f&amp;mc_eid=658f0e5c832.pdf?mc_cid=09df6f234f&amp;mc_eid=658f0e5c83</a> | Handbook to help students address anxiety and stressors of a pandemic.   |
| COVID and Harm Reduction and COVID 19 Manual for vulnerable populations | <i>Amanda Galambos</i><br>HIV Primary Care Capacity Program Coordinator<br>306-952-4530 <a href="http://www.sidcn.ca">www.sidcn.ca</a>  | COVID-19 & Harm Reduction - PRACTICE SAFER DRUG USE TO PREVENT COVID-19 /CORONAVIRUS<br><br>COVID-19 Manual for Vulnerable Populations |
| Coronavirus Anxiety: Coping with Stress, Fear, and Uncertainty          | <a href="https://www.helpguide.org/articles/anxiety/coronavirushttps://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm">https://www.helpguide.org/articles/anxiety/coronavirushttps://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm</a>   | Self-help guide for those feeling stress and anxiety   |
| Coronavirus Anxiety Workbook  | <a href="https://www.macanxiety.com/Coronavirus-Anxiety-Workbook-1.pdf">Coronavirus-Anxiety-Workbook-1.pdf (macanxiety.com)</a>   | A tool to help you build resilience during difficult times   |
| School Shelf  | <a href="http://www.schoolshelf.com/985078-cumberland/">http://www.schoolshelf.com/985078-cumberland/</a>   | Provides a variety of resources for Cumberland College students on topics from study skills to managing stress and mental health.      |

## Webinars

| <b>Name of webinar</b>                      | <b>Link or source</b>   | <b>Description</b>  |
|---|---|---|
| CTRI – Crisis and Trauma Resource Institute | <a href="https://ca.ctrinstitute.com/freehttps://medsask.usask.ca/webinar/">https://ca.ctrinstitute.com/freehttps://medsask.usask.ca/webinar/</a> | Each month a free webinar is offered on a variety of topics from supporting people through grief and loss, mental health support, and trauma awareness. |