

## **Mental Health Resources**

It is okay to not be okay. These are difficult times. Here are some places you can reach out to for support if needed.

### **Kids Help Phone**

Kids Help Phone is Canada's only 24/7, national support service. We offer professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.

Text: CONNECT to 686868

Phone: 1-800-668-6868

Live Chat: [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

### **Mobile Crisis Helpline Regina**

Professional Crisis Counsellors are available to help you with any problem that you are having difficulty coping with. People of all ages are welcome to call from youth to seniors. Crisis Counsellors will listen, provide support, direction and help you get connected to community resources.

Mobile Crisis Helpline: 306-757-0127

Crisis Suicide Helpline: 306-525-5333

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

### **Crisis Services Canada**

Providing suicide prevention and support to the people of Canada.

Phone: 1-833-456-4566

Text: "Start" to 45645 (available 4pm – midnight ET)

<https://www.crisisservicescanada.ca/en/>

### **SK Healthline 811**

SK Healthline 811 recently added a line to connect individuals to Mental Health Supports during this challenging time.

<https://www.saskhealthauthority.ca/Services-Locations/HealthLine/>

### **Catholic Family Services Regina**

Free walk-in counselling services available.

Phone: 306-525-0521

<https://www.cfsregina.ca/>

### **Family Service Regina**

Free walk-in counselling services available.

Phone: 306.757.6675

<https://familyserviceregina.com/>

### **Canadian Mental Health**

<https://cmha.bc.ca/news/managing-anxiety-covid-19/>

### **211 Saskatchewan**

Is a free, confidential information and referral system for thousands of community and social services available across Saskatchewan

<https://sk.211.ca/>

### **Anxiety Canada**

Expert tools and resources to help Canadians Manage Anxiety.

<https://www.anxietycanada.com/>