



# YOUTH MENTAL WELLNESS RESOURCE GUIDE



**You're worthy of love,  
community, & support**

**Remember: Your mental health matters**

# DISCLAIMER

This resource package is intended for informational purposes only and should not be considered a substitute for professional medical or mental health advice.

# CONTACT OUR TEAM

If you have any comments, questions, or suggestions,  
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# **QUICK GUIDE:**

# **NUMBERS TO CALL IN CRISIS**

**In case of an emergency or immediate health risk, call 911.**

**Native Youth Crisis Hotline at 1-877-209-1266**

Call for anytime crisis, they are open 24/7.

**Suicide Crisis Helpline at 9-8-8**

Call or text for suicidal thoughts anytime, they are open 24/7.

**Saskatchewan Health-line at 8-1-1**

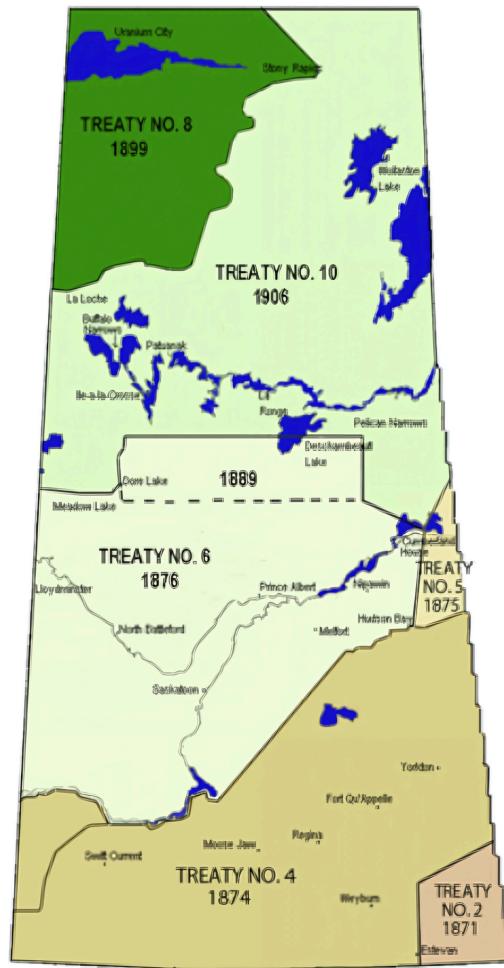
Call anytime for advice on physical health, mental health, or addictions related concerns, they are open 24/7.

**211 Saskatchewan at 2-1-1**

Call or text anytime to be connected with resources near you, they are open 24/7. Multiple languages available.

# ACKNOWLEDGING THE LANDS THAT SUPPORT US

## SASKATCHEWAN



Saskatchewan Polytechnic is located on Treaty 4 and 6 - the ancestral lands of the Cree, Saulteaux, Dene, Dakota, Lakota, and Nakoda peoples and the traditional homeland of the Métis. In acknowledging the historical wrongs, we are dedicated to a future of collaboration and cooperation.

In the spirit of reconciliation, our research team is working hand-in-hand with the communities that have generously welcomed us, fostering a participatory partnership of mutual respect and understanding.

We acknowledge, respect, and honour these treaties and all treaties on all territories. Together we may weave a new world through good relationships.

# **ANIN SIKWA, EDLANET'E, WELCOME HAU KODA, TAWÂW, TANSHI**

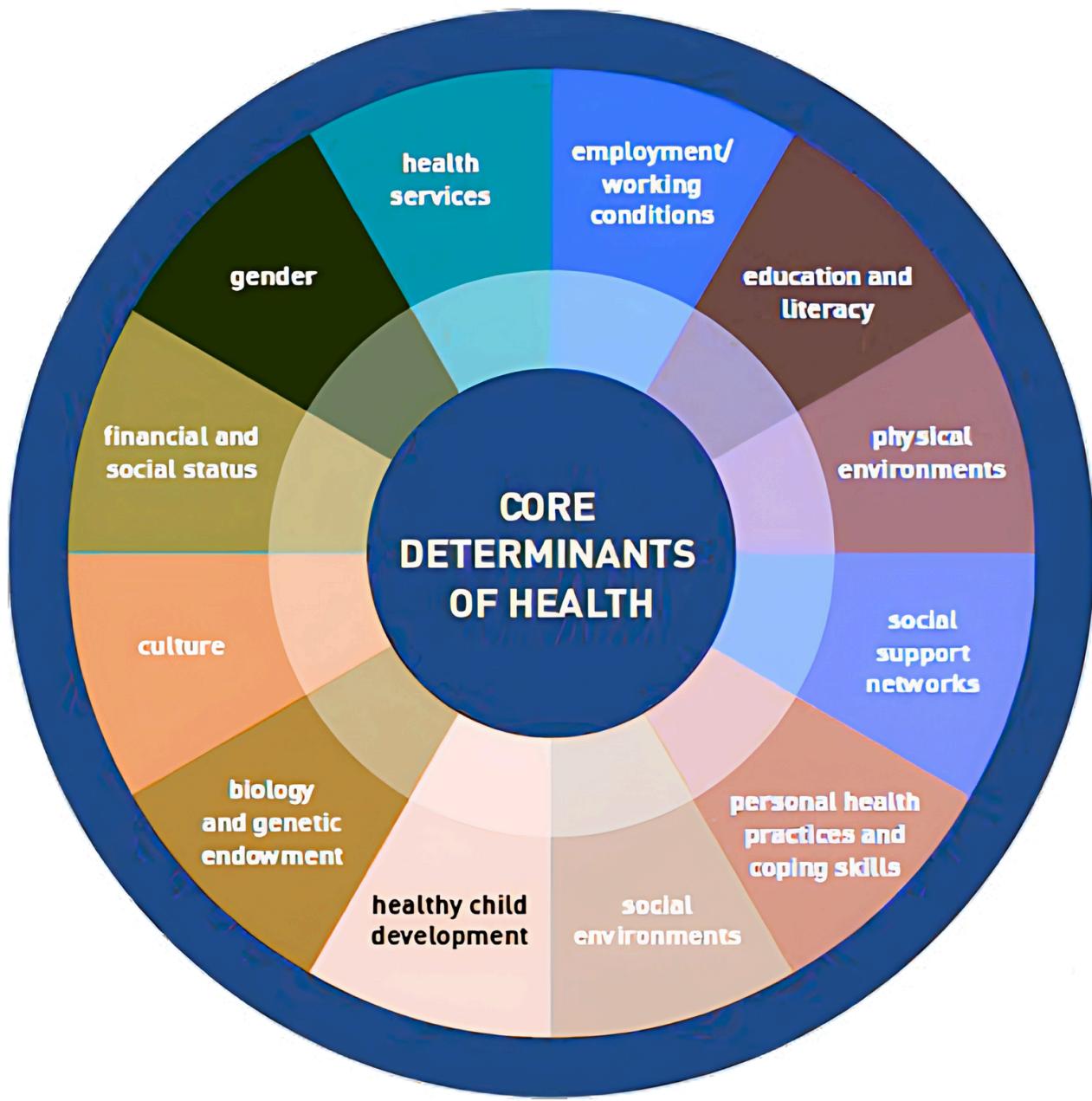
Here you will find a thorough list of information, resources, and supports that can positively influence your life and mental health. We are more than happy to present you with this Saskatchewan-based mental health resource list, with Canada-wide, online, and phone-line options included.

# MENTAL HEALTH OVERVIEW



Your mental health is an important component to your overall health & wellbeing. There are many factors that can impact our mental health, in both helpful and not so helpful ways. We can both strive to feel better, as well as finding tools that help us to cope with difficult feelings. These resources can help us cope in difficult moments.

# CORE DETERMINANTS OF HEALTH



<https://tinyurl.com/39pu9zz5>

According to many scholars our individual experiences with the twelve aspects above will impact our overall health. Each of these factors can change over time and are capable of impacting us both positively and negatively depending on the circumstances we are experiencing. We can look at each factor in our lives with the over all goal of understanding and improving our health circumstances.

# MENTAL HEALTH HOTLINES

Hotlines connect you to immediate mental health support - reach out using the numbers below. All options will be helpful but if you have a specific concern, look for a hotline related to that.

**Help-lines are here to help us.**

## ● **Kids Help Phone**

**Dial: 1-800-668-6868**

**Text: CONNECT to 686868**

**Open 24/7**

Kids Help Phone offers professional counselling, information, and referrals. You can phone, text, or chat online. For more information you may visit: <https://kidshelpphone.ca/>

## ● **Suicide Crisis Helpline**

**Dial or Text: 9-8-8**

**Open 24/7**

Connect to a crisis responder to get help without judgement. For more information visit: <http://988.ca>

## ● **Indian Residential School Survivor Society**

**Dial: 1-866-925-4419**

**Open 24/7**

The Indian Residential School Survivors Society (IRSSS) is a provincial B.C based organization that provides this national help-line for individuals impacted. They have been supporting Indigenous people since 1995. For more information: <https://www.irsss.ca>

● **First Nations and Inuit Hope for Wellness Help Line**  
**Dial: 1-855-242-3310**  
**Open 24/7**

The Hope for Wellness Help Line is available to all Indigenous Peoples across Canada. Experienced and culturally competent counsellors are reachable by telephone and an online “chat” 24/7 in English, French, Cree, Ojibway, or Inuktitut upon request. For more information you may visit: <https://www.hopeforwellness.ca>

● **Trans Lifeline**  
**Dial: 1-877-330-6366**  
**Open 24/7**

Trans Lifeline is a grassroots hotline and non-profit organization offering direct emotional and financial support to trans people in crisis - for the trans community; by the trans community.  
For more information visit: <https://translifeline.org/>

● **Canadian Human Trafficking Hotline**  
**Dial: 1-833-900-1010**  
**Open 24/7**

The Canadian Human Trafficking Hotline is a confidential, multilingual service, operating 24/7 to connect victims and survivors with social services, law enforcement, and emergency services, as well as receiving tips from the public concerned about the wellbeing of someone that may be the victim of human trafficking. For more information please feel free to visit: <https://www.canadianhumantraffickinghotline.ca/>

# ONLINE RESOURCES & APPS

These links are here to provide access to various applications, as well as access to websites with more mental health resources and information. These links are for mental health information and education only and not intended for mental health advice.

**Seeking a professional or Elder is always a good choice.**

- **Government of Canada: Mental Health & Wellness in Indigenous Communities**

Visit: <https://www.sac-isc.gc.ca>

This website contains information specific to Indigenous mental health and wellbeing. Signs of a healthy mental wellbeing, factors that may influence mental health, programs, and services to provide funding, as well as links to more mental health resources.

- **National Collaborating Centre for Indigenous Health: Booklets**

Visit: <https://www.nccih.ca>

This website contains four booklets for First Nations and Métis parents and caregivers, specific to British Columbia; however, the resources can be seen as useful to other parents, as well. The booklets include Growing Up Healthy, Family Connections, Parents as First Teachers, and Fatherhood is Forever.

## ● Starts with Me

Visit: <https://startswithme.ca/youth/>

This website contains helpful videos for teen related concerns, a free e-book, and other youth mental health resources.

## ● Mental Health Literacy: Toolbox

Visit: <https://mentalhealthliteracy.org/toolbox/>

This entire website contains a wealth of information on mental health knowledge, while this specific link will bring you to the mental health toolbox. This toolbox contains basics of mental health, stress resources, family resources, and more. Feel free to browse the rest of their website, as well as the toolbox.

## ● Jack.org: Indigenous Mental Health Resources

Visit: <https://jack.org/Indigenous>

This website contains many links, phone numbers, campaigns, and online resources for mental health, videos, and more. If you are interested in becoming a mental health speaker, explore their website, and they may have a training available for you.

## ● Open Mind: Youth Mental Health Tools & Resources

Visit: <https://openmindbc.ca/youth-young-adults/>

This is a link to mental health information that can be helpful if you are having your own personal mental health experience or someone else you know is. There is also various educational webpages that you can visit for more information.

## ● Talking Stick Website & App

Visit: <http://www.otc.ca/reconciliations>

Talking Stick is an app and website that allows Indigenous Peoples to access anonymous, 1:1 chat with other Indigenous Peoples, where the chat history is not recorded or saved. The process is nonjudgmental, and the peer advocates are trained. You can also view what others are doing around Saskatchewan through their “See What Others Are Doing” option at the bottom of their website. This application can be downloaded through the link above, and by clicking this link you may also access resources through their website.

## ● Embracing Life Initiative & App

Visit: <https://embracinglifesk.com/embracing-life-app/>

On this website you can find a link to download the Embracing Life app and other Indigenous specific mental health resources. This app includes safety planning, practicing gratitude, suicide prevention information, conversation starters on suicide, and resources. To learn more, you can view their website through the above link, and download the app there too.

## ● Thunderbird Wellness & Resource Library

Visit: <https://thunderbirdpf.org>

This website provides free access to the Thunderbird Wellness app, which is user friendly and culturally grounded in Indigenous teachings. The app promotes a strengths-based and trauma informed approach to supporting First Nations wellness. The resource library’s information is quite educational. The app, resource library, and other Indigenous specific mental health tools can be found at the link above.

## ● Culture for Life

Visit: <https://cultureforlife.ca/>

This website is designed for Indigenous Youth who know or are learning the value of culture and living their best life, but also would like a little help getting there. Feauturing a detailed Medicine Wheel, links to online counselling support, videos, cultural information, and tips on how to connect deeper to your culture. It also provides tips on who to reach out to when you need it, additional crisis lines, and ideas for self-care.

## ● The Trevor Project

Visit: <https://www.thetrevorproject.org/>

This website contains many articles and information on mental health, sexual orientation, talking about suicide, community, and gender identity. With the option to make friends with other 2SLGBTQIA+ youth.

## ● The Youth Mental Health Project

Visit: <https://ymhc.ngo>

This website contains various youth specific resources on mental health for you to explore.

## ● Youth Space Online Resource List

Visit: <https://youthspace.ca/youthspace-resources/>

This Online Resource List that is available on their website suggests helpful websites, smartphone apps, community services, and more. The resources cover a wide variety of mental, emotional, and physical health issues, as well as other wellness tips. As a note, some are free, while others require payment, so please, be mindful of this when looking into the resources.

## ● Mental Health Commission of Canada

Visit: <https://mentalhealthcommission.ca/resource/factsheet-common-mental-health-myths-and-misconceptions/>

This website link provides information on the common myths and misconceptions on mental health, which will help you to see what mental health truly is with more clarity. This website can also help you to understand stigmatizing ideas, as well as reducing your fears around seeking help.

## ● Mind Your Mind

Visit: <https://mindyourmind.ca/>

This website contains crisis support and mental health resources. Mindyourmind exists in the space where mental health, wellness, engagement, and technology meet. They work with community partners and young people between the ages of 14 and 29 to co-create interactive tools and innovative resources to build capacity and resilience.

## ● The Emily Program

Visit: <https://emilyprogram.com/about-eating-disorders/>

Although this program is not based in Canada, they have a wide selection of informative pages to learn more about eating disorders.

## ● National Eating Disorder Information Centre

Visit: <https://nedic.ca/>

For Canadian resources (under the get informed tab), information (hover over the get informed tab), and ways to seek help for any Eating Disorder, you may click the following link: <https://nedic.ca/find-a-provider/>. They also provide BIPOC and 2SLGBTQIA+ specific information. Beyond Images is a self-esteem and body-image curriculum that is available directly on their website: <https://nedic.ca/beyond-images/>. Additionally, information on awareness, risk factors, health promotion, and prevention can be found here: <https://nedic.ca/health-promotion-prevention/>

## ● Mental Health Literacy

Visit: <https://mentalhealthliteracy.org/>

This website contains accessible mental health resources and information. On this website, you can understand, create a network, and gain support.

# SASKATCHEWAN-BASED RESOURCES

There are various options for mental health resources right here in Saskatchewan. This portion of the package will contain links to their websites to then access or organize services.

**Once again, if you are in an emergency, please dial 9-1-1.**

## ● Saskatchewan Health Authority

Visit: <https://www.saskhealthauthority.ca/>

To learn more about health resources available throughout Saskatchewan, you may view this website.

## ● Saskatchewan-based crises contact resources

Visit: <https://iamnot4sale.ca/page/emergency-contacts/>

This website contains a thorough list of contacts to have handy in case of crises.

## ● Aboriginal Friendship Centres of Saskatchewan: Youth Leadership Program

Visit: <https://afcs.ca/initiative/youth-leadership-program/>

The Youth Leadership Program will aim to have youth contribute, build capacity, and opportunities through public engagement, training, and workshops, peer to peer learning and mentorship. As well as providing access to knowledge of culture, employment, and self-care opportunities for youth within the Friendship Centre's community. Visit the above link for more information.

## ● Aboriginal Friendship Centres of Saskatchewan: Cultural Humility Training

Visit: <https://afcs.ca/initiative/cultural-humility-training/>

Cultural Humility Training is an educational experience to learn about our ties to these lands, the commonalities in our journeys, to learn about Indigenous groups in our province, our history, and how that can be beneficial to our community as a whole. This work has been compiled into a one day training course with a focus on Saskatchewan specific information. There is a contact list at the bottom of the page of the above link, where you can find the closest Friendship Centre for training access.

## ● Aboriginal Friendship Centres of Saskatchewan: Honouring Her Spark

Visit: <https://afcs.ca/initiative/honouring-her-spark/>

This project focuses on improving the economic landscape for Indigenous women and 2SLGBTQIA+ individuals, while empowering our sacred people through the first Indigenous Women's Economic Framework in Canada. You can learn more about the initiative through the above link. There are related handouts accessible here:

<https://afcs.ca/site/uploads/2021/11/honouring-her-spark-personal-medicine-wheel-exercise.pdf>.

## ● Learn about Therapeutic Photography

Visit:

<https://www.joinphotovibe.com/therapeuticphotography>

This webpage describes how photography can bring a sense of personal healing, self-discovery and growth. Learn more from the link!

## ● Piwapan Women's Centre: Youth Programs

Visit: <https://pwcprograms.com/what-we-do/>

The Piwapan Women's Centre is located in La Ronge and serves both women and female youth. The center has a women's shelter (16+), crisis line, and Youth Empowerment Program.

**Women's Shelter Services:** has provisions to provide services to young women (ages 16 and up), that are experiencing violence.

**Crisis Line: Dial: 1-306-425-4090** Northerner's supporting Northerners. Staff have received training in suicide prevention, mental health supports, grief resolution, and trauma-informed care. They will listen without judgement. They provide empathy, time, and compassion. They will listen and not judge your thoughts or feelings and can help you find longer term solutions for healing, as well as connecting you with resources. They accept collect calls.

**The Youth Empowerment Program:** is offered through their Family Violence Outreach Program and assists youth in becoming familiar with their community and establishing strong, supportive social networks. They offer diverse programs, including providing practical information on life skills education, cross-cultural workshops, and recreation. These programs empower the youth with knowledge and skills to help create positive change in their lives and their communities.

## ● The John Howard Society of Saskatchewan

Visit: <https://sk.johnhoward.ca/services/>

This organization provides effective, just, and humane services in response to the causes and consequences of crime and assists individuals who are at risk or are involved in the criminal justice process, with age-related, culturally specific programming available. The John Howard Society of Saskatchewan has programs in Moose Jaw, Regina, Saskatoon, and Prince Albert. The link above provides direct access to the full list of programs and services that are available.

## ● Catholic Family Services of Prince Albert: Youth Emotional Health Programs

Visit: <https://www.cfspa.ca/life-improvement-programs>

The Catholic Family Services of Prince Albert provides youth emotional health training with transportation available. The programs include Calming the Storm for Teens, which is an anger management course, as well as Climbing the Rock, which is designed for teens exposed to, and healing from, trauma. On this website you can also find course information for parents/guardians, men, and younger children. To view the list of all programs, click the link above.

## ● Counselling Connect Saskatchewan: Rapid-access counselling

Visit: <https://www.counsellingconnectsask.ca/>

You can find free and quick access to counselling whether you are a child, youth, adult, or family seeking support in Saskatchewan. There is no waiting list, it is available online, and they cover a wide variety of concerns, such as, isolation and loneliness, grief and loss, relationships, bullying, problem gambling, sleep issues, anxiety and depression, drugs and alcohol, and more. To request an appointment or learn more click the above link.

## ● Eagle's Nest Youth Ranch

**Dial: 1-306-765-6727**

Eagle's Nest Youth Ranch provides 24-hour care, counselling, and therapeutic social and educational programs to youth in a group living environment who are experiencing social, emotional, and behavioural difficulties. They work collaboratively with youth, families, and community groups to facilitate individual growth and social change that will improve the lives of youth and families in the community. Please dial the above number for more information.

## ● North East Outreach & Support Services

**Dial: 1-800-611-6349 or 306-752-9455**

**Visit: <https://www.neoss.ca/>**

North East Outreach & Support Services is located in Melfort and provides a 24-hour crisis line, walk-in, and personal counselling. More information can be found at the above link. You can stay up to date on current programs by visiting their Facebook link here: <https://www.facebook.com/NorthEastOutreachandSupportServices/about>

## ● White Buffalo Treatment Centre

**Dial: 1-888-764-9282 or 306-764-5250**

**Visit: <http://www.wbtc.ca>**

The White Buffalo Treatment Centre provides a 10 bed four-month residential program designed to meet the needs of First Nations female youth ages 12-17, who are involved with inhalant abuse and are experiencing related problem areas. It is based on a holistic treatment model. For more information you may click the link above. To view other Indigenous treatment centres in Saskatchewan click here: <https://www.drugrehab.ca/saskatchewan-first-nation-treatments.html>

## ● I am NOT 4 Sale.ca website and app

Visit: <https://iamnot4sale.ca>

This website and app was developed through a Community Partnership encouraging change for sexually exploited children, youth, females, and males of all ages. Through this website you can access immediate 24 hour resources with confidential non-judgemental supports and they will also provide safe and positive solutions to enable healthy lifestyle changes. The Help Me Now! Button in the I am NOT 4 sale application can be used for intense, immediate, and unsafe situations. However, if this is an emergency, please dial 9-1-1. Access to immediate support for sexual exploitation can be found at the above link, as well as more information on using the app.

## ● Saskatchewan Advocate for Children & Youth

Dial: 1-800-322-7221

Visit: <https://www.saskadvocate.ca/children-youth/how-we-can-help/#content>

This website provides advocacy on behalf of children and youth. It has advice on how they can help you, when to call them, knowing your rights, self-advocacy, and resources. The information can be found at the above link.

## ● Marguerite Riel Centre

Call: 306 752 4950

This centre is located in Melfort and provides family support, resolution health support, housing, employment, and youth programs. The youth programs include recreation, cultural teachings, self-esteem teachings, team building, peer support, and more. To see the full list of their services and how to access them, click the above link.

## ● OUTSaskatoon

Visit: <https://outsaskatoon.ca/>

This website contains access to resources, social groups, and support available in the Saskatoon area for 2SLGBTQIA+ individuals. The resources include coming out, supporting someone in coming out, introductions to terminology, identities, and allyship, as well as specific learning tools for youth, which are available here: <https://www.outsaskatoon.ca>

Support could include housing, health care, counselling, peer support, or joining a support group, which can be found through the main link at the beginning of this section.

## ● Nipawin Oasis Community Centre Co-operation Ltd.

Visit <http://www.nipawinoasis.com/index.html>

This Community Centre provides cultural, prevention, educational, and intervention programming, services, support, and employment opportunities to the community of Nipawin and area in Northeast Saskatchewan. Their programs and services include the Family Support Program, Homelessness Support Services, Child Development and Nutrition, Culture, Literacy and Community Inclusion Programs. Cree culture and language is included in all youth and family programming.

## ● Bridge Point: Center for Eating Disorder Recovery

Visit: <http://www.bridgepointcenter.ca>

Bridge Point assists individuals dealing with eating disorders residentially and virtually. They have resources available on their website, programs, and more.

## ● Ile-A-La-Crosse Friendship Centre Inc.

Visit: <https://ilealacrossefc.weebly.com/programs.html>

This centre is located in Ile-A-La-Crosse and provides a variety of programs and services. Through this centre you can access the Canadian Prenatal & Nutrition Program, the Aboriginal HeadStart Program, the Parent Mentoring Program, Kids First North, Cultural Connections for Aboriginal Youth, Aboriginal Court workers, Youth Support Workers, Community Events, and the Good Food Box. To read more, click the above link.

## ● Leading Thunder Bird Lodge

Visit: <https://leadingthunderbirdlodge.ca/>

Leading Thunderbird Lodge provides a 16 week culturally-based residential treatment program for First Nations and Inuit male youth from across Canada who are between the ages of 12 and 17. The holistic treatment program provides personal development in the four areas of self (spiritual, physical, emotional, and mental wellbeing). For more information, click the link above.

## ● TransSask

Visit: <https://www.transsask.ca>

TransSask is a province wide non-profit organization that supports and acts as a resource network for trans-identified, genderqueer, intersex, and gender non-conforming individuals, their spouses, family, friends, and allies. More resources are available on their website, when you click the above link.



**Thank You!**  
**Remember, this resource**  
**can be revisited at any**  
**time.**



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