

MENTAL HEALTH RESOURCES

WIGMORE HOSPITAL(SHA) (Mental Health and Addiction Services)

If in immediate need: Go to the nearest Emergency Department.
If looking for Counselling and Programming Mental Health Support:
Contact the Centralized Intake Program at **Dr. F.H Wigmore Hospital** at (306) 691-6464.
Information can also be found online here: <https://www.fhhr.ca/MentalHealth.htm>

Wellness Support Response Line: 306-630-5968 Moose Jaw

CMHA Moose Jaw would like to reach out and encourage wellness in the community of Moose Jaw during this time of uncertainty. Their new **Wellness Support Response line** is a warm line for support available to all members of the community. **Monday to Friday during the daytime. Please NOTE: This is NOT a Crises Line.**

Saskatchewan Healthline

Contact- 811: A Social Worker is available help point you to resources.

211 Saskatchewan

Call 2-1-1 to connect to the social, community, non-clinical health and government services you need-24 hours a day, 7 days a week, 365 days a year. Services are available **in over 175 languages**.
Text 2-1-1 Call 2-1-1 Go Online- sk.211.ca

University of Regina Online Therapy Services: Open to ALL

Offering adults free Online Cognitive Behaviour Therapy for a number of mental health concerns. Online Cognitive Behaviour Therapy involves reviewing educational material online with the support of a therapist or a guide. The approach is found to be effective and is a convenient way to receive care
<https://onlinetherapyuser.ca/>

CMHA Online Wellness Development Sessions Tuesdays 12:15-12:45

Managing your stress and well-being during this time is as important as managing your physical health. The goal is for you to leave this online session with at least one tool or piece of knowledge that you can implement right now to “reduce that squeeze” we all feel.

The session dates are listed and to register for this free, online course Email: hopehc@cmhask.com

CMHA Moose Jaw Branch: 306-692-4240

Other Canadian Mental Health Association online information can be found at:

CMHA Saskatchewan Division- <https://sk.cmha.ca/>

CMHA National- <https://cmha.ca/>

Government of Canada Resources List

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/mental-health.html?utm_source=getupdatesoncovid19-mental-health&utm_medium=eml&utm_content=info-page&utm_campaign=covid-1920

Kids Help Phone: Serving All Ages

Kidshelpphone.ca 1-800-668-6868 Text 686868