

Wellness Resources

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| <p>Mobile Crisis Services</p> <p>24/7 Helplines  306-757-0127 Suicide 306-525-5333 Gambling 1-800-306-6789 www.mobilecrisis.ca</p> | <p>Talk Suicide Canada</p> <p>Connect to a crisis responder to get help without judgement. 1-833-456-4566 www.talksuicide.ca</p> | <p>Mental Health Commission of Canada</p> <p>Strategies to support mental health and wellness. 1-613-683-3755 www.mentalhealthcommission.ca</p> |
| <p>Hope for Wellness Indigenous Helpline</p> <p>Mental health counselling and crisis intervention. 1-855-242-3310 www.hopeforwellness.ca</p> | <p>Wellness Together Canada</p> <p>Resources and support for mental health, stress, anxiety, suicide, and substance use. 1-866-585-0445 www.wellnesstogether.ca</p> | <p>Canadian Mental Health Association of SK</p> <p>Information on mental illness and mental health. 1-800-461-5483 www.sk.cmha.ca</p> |
| <p>Egale Canada</p> <p>Improving the lives of LGBTQI2S individuals through awareness, education, and legal advocacy. 1-888-204-7777 www.egale.ca</p> | <p>Kids Help Phone</p> <p> 1-800-668-6868 www.kidshelpphone.ca</p> | <p>Centre for Addiction and Mental Health</p> <p>Resources about concurrent disorders and substance use. 1-800-463-2338 www.camh.ca</p> |
| <p>Canada Rehab Addiction Services Directory</p> <p>A directory of addiction-related services. 1-888-245-6887 www.canadadrugrehab.ca</p> | <p>Resource Centre for Victims of Crime</p> <p>Resources and education for survivors of serious crime. 1-877-232-2610 www.crcvc.ca</p> | <p>Canada's Food Guide</p> <p> www.food-guide.canada.ca</p> |