

## Wellness Resources

### Mobile Crisis Services

24/7 Helplines

306-757-0127

Suicide 306-525-5333

Gambling 1-800-306-6789

[www.mobilecrisis.ca](http://www.mobilecrisis.ca)



### Talk Suicide Canada

Connect to a crisis responder  
to get help without  
judgement.

1-833-456-4566

[www.talksuicide.ca](http://www.talksuicide.ca)

### Mental Health Commission of Canada

Strategies to support mental  
health and wellness.

1-613-683-3755

[www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)

### Hope for Wellness Indigenous Helpline

Mental health counselling and  
crisis intervention.

1-855-242-3310

[www.hopeforwellness.ca](http://www.hopeforwellness.ca)

### Wellness Together Canada

Resources and support for  
mental health, stress, anxiety,  
suicide, and substance use.

1-866-585-0445

[www.wellnesstogether.ca](http://www.wellnesstogether.ca)

### Canadian Mental Health Association of SK

Information on mental  
illness and mental health.

1-800-461-5483

[www.sk.cmha.ca](http://www.sk.cmha.ca)

### Egale Canada

Improving the lives of LGBTQI2S  
individuals through awareness,  
education, and legal advocacy.

1-888-204-7777

[www.egale.ca](http://www.egale.ca)

### Kids Help Phone



1-800-668-6868

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

### Centre for Addiction and Mental Health

Resources about concurrent  
disorders and substance use.

1-800-463-2338

[www.camh.ca](http://www.camh.ca)

### Canada Rehab Addiction Services Directory

A directory of addiction-related  
services.

1-888-245-6887

[www.canadadrugrehab.ca](http://www.canadadrugrehab.ca)

### Resource Centre for Victims of Crime

Resources and education for  
survivors of serious crime.

1-877-232-2610

[www.crcvc.ca](http://www.crcvc.ca)

### Canada's Food Guide



[www.food-guide.canada.ca](http://www.food-guide.canada.ca)

[www.scsaonline.ca](http://www.scsaonline.ca)