

General Mental Health and Counselling Services:

Child and Youth Mental Health and Addictions Services: 1-306-655-7777

Family Service Saskatoon is providing Phone Counselling:

Through the Warman Legends Medical Clinic

Fridays 1:00- 4:00. No Cost Scheduled Sessions.

Phone Warman Legends Medical Clinic to schedule your session: 306-651-1200

Family Service Saskatoon:

306-244-0127

No appointment necessary for single session counselling.

Monday- Friday 9-4

CFS

306-244-7773

Family and teen counselling services, in addition to parent education programs.

Online Support

Kids Help Phone

www.kidshelpphone.ca

A lot of great information on many topics including: emotional well-being, healthy relationships, school, identity and physical health.

Free professional counselling and support

1-800-668-6868. Phone 24/7

Text "CONNECT" to 686868

App: Always There (free)

Youth Space

www.youthspace.ca

e-counselling

778-783-0177

Chat available 6pm-12 midnight

Youthspace.ca is an online chat and text service providing emotional and crisis support to youth under 30 across Canada, where trained volunteers chat with youth from 6pm to midnight PST every night. Youth can find a moderated forum and resource lists on the website. Additional support is available through e-mail counselling provided by YouthTalk.

Crisis Services Canada

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

suicide prevention and support

1-833-456-4566 24/7

Text: 45645 2pm-10pm daily