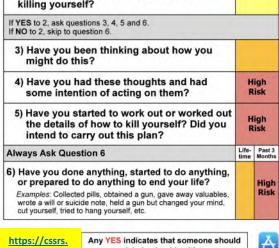


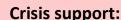
Mental Health Resource Toolkit

Support pathways and non-medication options to help manage depression, anxiety, and other mental health conditions

Suicide Risk Assessment: Just Ask. You can save a life. Columbia-Suicide Severity Rating Scale (C-SSRS)

Always ask questions 1 and 2. 1) Have you wished you were dead or wished you could go to sleep and not wake up? 2) Have you actually had any thoughts about killing yourself? If YES to 2, ask questions 3, 4, 5 and 6. If NO to 2, skip to question 6. 3) Have you been thinking about how you might do this? 4) Have you had these thoughts and had High Risk some intention of acting on them? 5) Have you started to work out or worked out High the details of how to kill yourself? Did you intend to carry out this plan? Always Ask Question 6 6) Have you done anything, started to do anything, or prepared to do anything to end your life? High Examples: Collected pills, obtained a gun, gave away valuables,





Call 9-1-1 Emergency line if you or someone else is at immediate risk of harm

- **Canadian Suicide Crisis Helpline** − 24/7 access to support in English or French
 - o Call or text: 9-8-8, visit: www.talksuicide.ca
- Call 8-1-1 Healthline Saskatchewan
 - o Confidential, 24/7 health and mental health and addictions advice, education and support telephone line. It is staffed by experienced and specially trained Registered Nurses, Registered Psychiatric Nurses, and Registered Social Workers
- Call 2-1-1 Saskatchewan or visit https://sk.211.ca/
 - o Confidential, 24/7 service that connects individuals to human services in the province by telephone, text, or web chat, plus a searchable website with over 6,000 listings of services
 - o Find mobile crisis services nearest you: https://sk.211.ca/emergency-crisis-
 - o Offers Farm Stress Line for supporting farmers and ranchers: 1-800-667-4442
- Find and visit the nearest mental health facility in SK:

https://www.saskatchewan.ca/residents/health/accessing-health-careservices/health-care-facilities

- ■●■ Hope for Wellness Helpline for Indigenous peoples in Canada
 - o Upon request, phone support can be provided in English, French, Cree, Ojibway and Inuktitut.
- o Phone: 1-855-242-3310; Chat: www.hopeforwellness.ca Indian Residential Schools Crisis Line: 1-800-721-0066

seek behavioral healthcare. columbia.edu However, if the answer to 4, 5 or 6 is YES



Here to Help BC | DEPRESSION, ANXIETY & MORE Mental health and substance use information (Q&A, personal stories, education, supports). Canadian Mental Health Association (CMHA) | DEPRESSION, ANXIETY & MORE In-person and virtual support groups through local CMHA locations. e.g. Saskatoon, SK: McKerracher Centre Recovery Program support and social groups Talking Stick App | DEPRESSION, ANXIETY & MORE FREE (from Federation of Sovereign Indigenous Nations) Confidential, texting-based peer support for Indigenous Canadians https://my.talkingstick.app/#/guest/home **GUIDED SELF-HELP** Wellness Together Canada (Government of Canada) | DEPRESSION, ANXIETY & MORE FREE membership https://www.wellnesstogether.ca/en-CA Learning, practices, support groups, interactive tools, and virtual counselling services. Acceptance and Commitment Therapy | DEPRESSION, ANXIETY & MORE FREE printable worksheets; PAID workshops; app ACT Mindfully by Russ Harris - AUS/NZ companion \$1.29/mon or \$13.99 lifetime Workshops and resources for psychological therapy; books, media, worksheets. https://www.actmindfully.com.au/ **Headspace Meditation** | GENERAL WELLNESS Guided practices and supporting info (\$7.50 CAD/mon) Application/website guided meditation therapy to help with mindfulness, sleep and stress. https://www.headspace.com/ Mindshift App (Anxiety Canada) | ANXIETY FREE membership articles,

Uses cognitive behavioural therapy principles to help reframe thinking and manage anxiety.	ittps://www.anxietyeanada.com/resources/mindshire
Three Good Things Practice GENERAL WELLNESS	FREE membership (access to courses, a
Guided, science-based practices for a meaningful life by the Greater Good Science Center at	webinars, events, podcasts)
UC Berkeley.	https://ggia.berkeley.edu/
PROFESSIONAL COUNSELLING	
Find a counsellor DEPRESSION, ANXIETY & MORE	PAID services
Find a counsellor online by searching "counsellor" or "therapist" near me on Google/maps.	https://sk.211.ca/
	https://www.psychologytoday.com/ca/theranists/saska

Counselling Connect Sask | DEPRESSION, ANXIETY & MORE FREE (from Sask Health Authority, 6+ yrs) Rapid Access Counselling Program is delivered through a partnership of member agencies in https://www.counsellingconnectsask.ca/ communities across Saskatchewan. Request in-person or virtual appointments.

Kids Help Phone DEPRESSION, ANXIETY & MORE	FREE Phone 1-800-668-6868, text 686868 or chat	
Information, skill-building, crisis support, virtual counselling.	online.	
	https://kidshelpphone.ca/	
*Mindshift Group Therapy (Anxiety Canada) ANXIETY	\$490 per 8 wk program	
Online, group-based, therapist-assisted CBT for anxiety.	https://www.anxietycanada.com/mindshift-groups/	
Affordable Therapy Network Canada DEPRESSION, ANXIETY & MORE	PAID service (low-cost options available)	
Online database of therapists across Canada offering low cost and sliding scale access to	https://affordabletherapynetwork.com/online-therapists/	
virtual counselling. Select provinces also offer in-person appointments.		
MindBeacon DEPRESSION, ANXIETY & MORE	\$130-195 per 1hr session (Canadians 16+ yrs)	
Access to virtual counselling visits with social workers, psychotherapists, or psychologists.	https://www.mindbeacon.com/live-sessions	
STRUCTURED PSYCHOTHERAPY * = evidence-based cognitive behavioural therapy (CBT) options available		
*Referral to a psychologist DEPRESSION, ANXIETY & MORE	PAID services	
Ask for a referral through your family doctor or other medical provider(s).		
*CBT Online with Wellbeing Program DEPRESSION, ANXIETY & MORE	FREE (SK residents 18+) online course	
Online, therapist-assisted course to work through CBT techniques for depression or anxiety	https://www.onlinetherapyuser.ca/wellbeing-program	
(requires self-motivation; evidence based and can be very helpful).		
BounceBack by Bell – Let's Talk DEPRESSION & ANXIETY	FREE, self-guided program with regular calls with	
Skill-building program designed to help manage mild to moderate depression and anxiety	coach (~20min every 2-3 weeks) (15+ yrs)	
symptoms. Delivered over the phone with a coach and through online videos.	https://bounceback.cmha.ca/welcome/	
*Kelty's Key Online Therapy (Vancouver Coastal Health) DEPRESSION, ANXIETY & MORE	FREE online modules and email interaction	
Self-help or guided therapy based in CBT (includes problem solving, thought challenging,	https://www.keltyskey.com/	
core beliefs, medication information, and tools).		
*MindBeacon DEPRESSION, ANXIETY & MORE	\$525 per 12 wk program (Canadians 16+ yrs)	
Therapist-guided, online CBT courses available to Canadians.	https://www.mindbeacon.com/guided-cbt-programs	
*Moodgym DEPRESSION & ANXIETY	\$38/year	
Five interactive, online modules that provide training in CBT, facilitate worksheets, and give	https://moodgym.com.au/	
personalized feedback (designed for mild depression/anxiety).		
*Centre for Mindfulness DEPRESSION, ANXIETY & MORE	FREE app; PAID online learning programs available	
Offers a variety of meditations based in mindfulness CBT techniques.	https://www.mindfulnessstudies.com/personal/online-programs/	
*My Anxiety Plan Online Courses (Anxiety Canada) ANXIETY	FREE online courses	
4-hour online modules children, teens and adults that provide training in CBT for anxiety.	https://maps.anxietycanada.com/	
*Taming Worry Dragons ANXIETY	\$10-20/book	
CBT-based manuals and workbooks for children, teens and parents.	https://twd.keltymentalhealth.ca/	
Dialectical Behavior Therapy (DBT) Online DEPRESSION, ANXIETY & MORE	FREE online modules and worksheets	
Four online modules focusing on mindfulness, distress tolerance, emotional regulation, and	https://dialecticalbehaviortherapy.com/	
interpersonal skills. Incorporates and adds to many CBT core principles.		
OTHER		

OTHER

PODCASTS APPLICATIONS

- https://www.verywellmind.com/podcasts-to-listen-to-if-you-have-depression-5104728
- https://www.choosingtherapy.com/depression-podcasts/
- https://www.goodhousekeeping.com/health/wellness/g39754351/best-mental-health-podcasts/

BOOKS

- $\underline{\text{https://www.healthline.com/health/depression/best-books-depression\#how-we-chose}}$
- https://markmanson.net/5-books-for-dealing-with-anxiety-and-depression
- https://www.verywellmind.com/best-books-for-depression-5094535
- https://www.verywellmind.com/best-books-for-anxiety-4692735

 MoodFX: interactive mood tracking application. https://moodfx.ca/About-Us

PROGRAMS

• Canadian Red Cross Friendly Calls Program: be matched with trained volunteers who will provide regular check-in calls, support, and resources. https://www.redcross.ca/how-we-help/communityhealth-services-in-canada/friendly-calls-program

OTHER SUPPORTS TO CONSIDER FOR HOLISTIC HEALTH: experiencing nature, purposeful activities, incorporating regular physical activity, healthy eating habits, yoga or other meditation, spirituality and faith communities, cultural engagement, and many Check out the RxFiles Prescription Pad for Non-Drug Treatment to Improve Mental Health

DID YOU KNOW?



- Psychological treatment is recommended as the first option for less severe depression and can be combined with medication for more severe depression.^{1,2}
- Cognitive behavioural therapy (CBT) is recommended as a first-line treatment for anxiety. There is lots of evidence to show it can be as effective as medications.^{3,4}
- Online or telephone counselling and psychotherapy has been shown to be as effective as in-person sessions. 3,5

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