

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.	Past Month
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 some intention of acting on them?	High Risk
5) Have you started to work out or worked out the details of how to kill yourself? Did you intend to carry out this plan?	High Risk
Always Ask Question 6	Life-time Past 3 Months
6) Have you done anything, started to do anything, or prepared to do anything to end your life? <small>Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.</small>	High Risk

<https://cssrs.columbia.edu>

Any YES indicates that someone should seek behavioral healthcare.
However, if the answer to 4, 5 or 6 is YES, call 911 or go to the emergency room.



Download Columbia Protocol app

Crisis support:

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

Canadian Suicide Prevention and Support

o Call: 1-833-456-4566, Text 45645, 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-hotlines/>
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-care-services/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

EDUCATION, INFORMATION, & PEER SUPPORTS

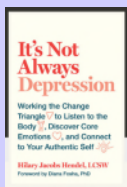
Depression 101 Course DEPRESSION <i>A guide to depression for patients (including youth) or caregivers by the Centre for Addiction and Mental Health (CAMH).</i>	FREE online course; approx. 20 min to complete https://moodle8.camhx.ca/moodle/course/view.php?id=10
Your Journey with Mental Illness DEPRESSION, ANXIETY & MORE <i>Information on understanding and navigating a mental illness diagnosis by the National Alliance on Mental Illness (NAMI).</i>	FREE written educational materials, printable https://nami.org/Your-Journey/Individuals-with-Mental-Illness
Here to Help BC DEPRESSION, ANXIETY & MORE <i>Mental health and substance use information (Q&A, personal stories, education, supports).</i>	FREE resource library, printable sheets https://www.heretohelp.bc.ca/
Canadian Mental Health Association (CMHA) DEPRESSION, ANXIETY & MORE <i>In-person and virtual support groups through local CMHA locations. e.g. Saskatoon, SK: McKerracher Centre Recovery Program support and social groups</i>	FREE, various support group options https://cmha.ca/find-help/find-cmha-in-your-area/ 2302 Arlington Ave, 306-655-4590; link to brochure
Talking Stick App DEPRESSION, ANXIETY & MORE <i>Confidential, texting-based peer support for Indigenous Canadians</i>	FREE (from Federation of Sovereign Indigenous Nations) https://my.talkingstick.app/#/guest/home

GUIDED SELF-HELP

Wellness Together Canada (Government of Canada) DEPRESSION, ANXIETY & MORE <i>Learning, practices, support groups, interactive tools, and virtual counselling services.</i>	FREE membership https://www.wellnesstogether.ca/en-CA
Acceptance and Commitment Therapy DEPRESSION, ANXIETY & MORE <i>ACT Mindfully by Russ Harris - AUS/NZ Workshops and resources for psychological therapy; books, media, worksheets.</i>	FREE printable worksheets; PAID workshops; app companion \$1.29/mon or \$13.99 lifetime https://www.actmindfully.com.au/
Headspace Meditation GENERAL WELLNESS <i>Application/website guided meditation therapy to help with mindfulness, sleep and stress.</i>	Guided practices and supporting info (\$7.50 CAD/mon) https://www.headspace.com/
Mindshift App (Anxiety Canada) ANXIETY <i>Uses cognitive behavioural therapy principles to help reframe thinking and manage anxiety.</i>	FREE membership https://www.anxietycanada.com/resources/mindshift-cbt/
Three Good Things Practice GENERAL WELLNESS <i>Guided, science-based practices for a meaningful life by the Greater Good Science Center at UC Berkeley.</i>	FREE membership (access to courses, articles, webinars, events, podcasts) https://ggia.berkeley.edu/

PROFESSIONAL COUNSELLING

Find a counsellor DEPRESSION, ANXIETY & MORE <i>Find a counsellor online by searching "counsellor" or "therapist" near me on Google/maps.</i>	PAID services https://sk.211.ca/ https://www.psychologytoday.com/ca/therapists/saskatchewan
Counselling Connect Sask DEPRESSION, ANXIETY & MORE <i>Rapid Access Counselling Program is delivered through a partnership of member agencies in communities across Saskatchewan. Request in-person or virtual appointments.</i>	FREE (from Sask Health Authority, 6+ yrs) https://www.counsellingconnectsask.ca/

Kids Help Phone DEPRESSION, ANXIETY & MORE <i>Information, skill-building, crisis support, virtual counselling.</i>	FREE Phone 1-800-668-6868, text 686868 or chat online. https://kidshelpphone.ca/
*Mindshift Group Therapy (Anxiety Canada) ANXIETY <i>Online, group-based, therapist-assisted CBT for anxiety.</i>	\$490 per 8 wk program https://www.anxietycanada.com/mindshift-groups/
Affordable Therapy Network Canada DEPRESSION, ANXIETY & MORE <i>Online database of therapists across Canada offering low cost and sliding scale access to virtual counselling. Select provinces also offer in-person appointments.</i>	PAID service (low-cost options available) https://affordabletherapynetwork.com/online-therapists/
MindBeacon DEPRESSION, ANXIETY & MORE <i>Access to virtual counselling visits with social workers, psychotherapists, or psychologists.</i>	\$130-195 per 1hr session (Canadians 16+ yrs) https://www.mindbeacon.com/live-sessions
STRUCTURED PSYCHOTHERAPY * = evidence-based cognitive behavioural therapy (CBT) options available	
*Referral to a psychologist DEPRESSION, ANXIETY & MORE <i>Ask for a referral through your family doctor or other medical provider(s).</i>	PAID services
*CBT Online with Wellbeing Program DEPRESSION, ANXIETY & MORE <i>Online, therapist-assisted course to work through CBT techniques for depression or anxiety (requires self-motivation; evidence based and can be very helpful).</i>	FREE (SK residents 18+) online course https://www.onlinetherapyuser.ca/wellbeing-program
BounceBack by Bell – Let's Talk DEPRESSION & ANXIETY <i>Skill-building program designed to help manage mild to moderate depression and anxiety symptoms. Delivered over the phone with a coach and through online videos.</i>	FREE, self-guided program with regular calls with coach (~20min every 2-3 weeks) (15+ yrs) https://bounceback.cmha.ca/welcome/
*Kelty's Key Online Therapy (Vancouver Coastal Health) DEPRESSION, ANXIETY & MORE <i>Self-help or guided therapy based in CBT (includes problem solving, thought challenging, core beliefs, medication information, and tools).</i>	FREE online modules and email interaction https://www.keltyskey.com/
*MindBeacon DEPRESSION, ANXIETY & MORE <i>Therapist-guided, online CBT courses available to Canadians.</i>	\$525 per 12 wk program (Canadians 16+ yrs) https://www.mindbeacon.com/guided-cbt-programs
*Moodgym DEPRESSION & ANXIETY <i>Five interactive, online modules that provide training in CBT, facilitate worksheets, and give personalized feedback (designed for mild depression/anxiety).</i>	\$38/year https://moodgym.com.au/
*Centre for Mindfulness DEPRESSION, ANXIETY & MORE <i>Offers a variety of meditations based in mindfulness CBT techniques.</i>	FREE app; PAID online learning programs available https://www.mindfulnessstudies.com/personal/online-programs/
*My Anxiety Plan Online Courses (Anxiety Canada) ANXIETY <i>4-hour online modules children, teens and adults that provide training in CBT for anxiety.</i>	FREE online courses https://maps.anxietycanada.com/
*Taming Worry Dragons ANXIETY <i>CBT-based manuals and workbooks for children, teens and parents.</i>	\$10-20/book https://twd.keltymentalhealth.ca/
Dialectical Behavior Therapy (DBT) Online DEPRESSION, ANXIETY & MORE <i>Four online modules focusing on mindfulness, distress tolerance, emotional regulation, and interpersonal skills. Incorporates and adds to many CBT core principles.</i>	FREE online modules and worksheets https://dialecticalbehaviortherapy.com/
MEDIA AND BOOKS	
PODCASTS Feeling Good Podcast <i>This podcast features David D. Burns MD, author of "Feeling Good, The New Mood Therapy," describing powerful techniques to overcome depression and anxiety and develop greater joy and self-esteem. For therapists and the public alike! (podcasts.apple.com)</i>	<ul style="list-style-type: none"> 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 It's Not Always Depression by Hilary Jacobs Hendel <i>Working the Change Triangle to Listen to the Body, Discover Core Emotions, and Connect to Your Authentic Self</i> http://www.randomhousebooks.com/books/537514/	 <ul style="list-style-type: none"> 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
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 others! 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}

SCAN HERE

for the online version of this page with clickable links



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1. Kennedy et al. Canadian Journal of Psychiatry, (2016), 540-560, 61(9) 2. National Institute for Health and Care Excellence (NICE) 2022 Depression Guidelines 3. Katzman et al. BMC Psychiatry, (2014), 14(Suppl 1):S1
4. Bandelow 1. et al. The World Journal of Biological Psychiatry (2022), 1-39 5. Parikh et al. Canadian Journal of Psychiatry, (2016), 524-539, 61(9)