



Mental Health Resource Toolkit

Support pathways and non-medication options to help manage depression

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? <i>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.</i>		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**, get **immediate help**: Call or text 988, call 911 or go to the emergency room. **STAY WITH THEM** until they can be evaluated.



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 Also 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

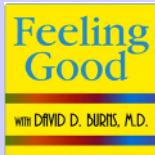
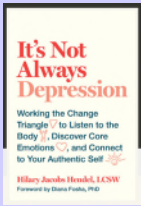
o Upon request, phone support can be provided in English, French, Cree, Ojibway and Inuktitut.

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 <i>Centre for Addiction and Mental Health (CAMH) - Canada</i> Provides a guide to depression for patients or caregivers	FREE online course; approx. 20 min to complete https://moodle8.camh.ca/moodle/course/view.php?id=10
Your Journey with Mental Illness <i>National Alliance on Mental Illness (NAMI) - USA</i> Understanding and navigating a mental illness diagnosis	FREE written educational materials, printable https://nami.org/Your-Journey/Individuals-with-Mental-Illness
Here to Help BC <i>Mental health and substance use information (screening, Q&A, personal stories, education, supports)</i>	FREE resource library, printable sheets https://www.heretohelp.bc.ca/
Support Groups through Canadian Mental Health Association <i>In-person and virtual support groups through local CMHA location</i>	FREE, various support group options https://cmha.ca/find-help/find-cmha-in-your-area/
Heads Up Guys (UBC) <i>Education, strategies, and support for men to manage and prevent depression</i>	FREE online resources, quizzes, stories, tips https://headsuguy.org/
GUIDED SELF-HELP	
Wellness Together Canada (Government of Canada) <i>Learning, practices, support groups, interactive tools, and virtual counselling services</i>	Create FREE account to access (anyone in Canada) https://www.wellnesstogether.ca/en-CA
Evolution Health <i>Online course providing goal setting, worksheets, community forums, mood trackers</i>	FREE online, self-directed course and communities https://evolutionhealth.care/index
Acceptance and Commitment Therapy <i>ACT Mindfully by Russ Harris - AUS/NZ</i> Workshops and resources for psychological therapy; books, media, worksheets	FREE printable worksheets; PAID workshops; app companion \$1.29/mon or \$13.99 lifetime https://www.actmindfully.com.au/
Centre for Clinical Interventions – Depression <i>Worksheets and modules that include information, worksheets, and suggested exercises or activities</i>	FREE downloadable workbook (9 modules) https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression
Headspace Meditation <i>Application/website guided meditation therapy to help with mindfulness, sleep, stress</i>	Guided practices and supporting info (\$7.50 CAD/mon) https://www.headspace.com/
Mindshift App <i>Uses cognitive behavioural therapy principles to help reframe thinking and manage depression/ anxiety</i>	Sign up for FREE https://www.anxietycanada.com/resources/mindshift-cbt/
Three Good Things Practice <i>Greater Good Science Center at UC Berkeley</i> Guided, science-based practices for a meaningful life; 12 courses: Keys to Well-Being	FREE membership (access to courses, articles, webinars, events, podcasts) https://ggia.berkeley.edu/

PROFESSIONAL COUNSELLING	
Find a counsellor online by searching:	https://sk.211.ca/ https://www.psychologytoday.com/ca/therapists/saskatchewan "Counsellor" or "therapist" near me on Google/maps
Counselling Connect Sask <i>Rapid Access Counselling Program is delivered through a partnership of member agencies in communities across Saskatchewan. Request in-person or virtual appointments at no cost.</i>	https://www.counsellingconnectsask.ca/
Kids Help Phone <i>Information, skill-building, crisis support, virtual counselling</i>	Phone 1-800-668-6868, text 686868 or chat online. https://kidshelpphone.ca/
STRUCTURED PSYCHOTHERAPY	
Referral to a psychologist	Through your family physician or other medical provider(s)
Cognitive Behavioural Therapy (CBT) Online with Wellbeing Program <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 <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) https://bounceback.cmha.ca/welcome/
Kelty's Key Online Therapy – Vancouver Coastal Health <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.keltykey.com/
Moodgym <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 App <i>Offers a variety of meditations based in mindfulness CBT techniques</i>	FREE app; PAID learning programs also available https://www.mindfulnessstudies.com/personal/online-programs/
Sleep Clinic – Medication Assessment Centre, University of Saskatchewan <i>Online, pharmacist-guided course using CBT techniques to help with insomnia and promote positive sleep habits. Fee may be waived in select circumstances.</i>	PAID: initial \$120, follow-up \$60; can self-refer https://pharmacy-nutrition.usask.ca/mac/sleepclinic.php#CognitiveBehaviouralTherapyforInsomniaCBT
MEDIA AND BOOKS	
Lists of recommended podcasts for people with depression	
Feeling Good Podcast <i>This podcast features David D. Burns MD, author of "Feeling Good, The New Mood Therapy," describing powerful new techniques to overcome depression and anxiety and develop greater joy and self-esteem. For therapists and the general public alike! (podcasts.apple.com)</i>	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/g397543/51/best-mental-health-podcasts/
Lists of recommended books for people with depression	
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/)	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
OTHER SUPPORTS TO CONSIDER FOR HOLISTIC HEALTH: experiencing nature, purposeful activities, incorporating regular exercise, 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 of Depression	

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}
- ❖ Online or telephone counselling and psychotherapy has been shown to be as effective as in-person sessions.³

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for the online version of this page with clickable links

