

## 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.<br>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?<br><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 Crisis Helpline** – 24/7 access to support in English or French
  - o Call or text: 9-8-8, visit: [www.talksuicide.ca](http://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](http://www.hopeforwellness.ca)
- Indian Residential Schools Crisis Line:** 1-800-721-0066

## EDUCATION, INFORMATION, & PEER SUPPORTS

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

## GUIDED SELF-HELP

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

## PROFESSIONAL COUNSELLING

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| <b>Find a counsellor</b>   DEPRESSION, ANXIETY & MORE<br><i>Find a counsellor online by searching "counsellor" or "therapist" near me on Google/maps.</i>  | PAID services<br><a href="https://sk.211.ca/">https://sk.211.ca/</a><br><a href="https://www.psychologytoday.com/ca/therapists/saskatchewan">https://www.psychologytoday.com/ca/therapists/saskatchewan</a> |
| <b>Counselling Connect Sask</b>   DEPRESSION, ANXIETY & MORE<br><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)<br><a href="https://www.counsellingconnectsask.ca/">https://www.counsellingconnectsask.ca/</a>  |

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| <b>Kids Help Phone</b>   DEPRESSION, ANXIETY & MORE<br><i>Information, skill-building, crisis support, virtual counselling.</i>  | FREE Phone 1-800-668-6868, text 686868 or chat online.<br><a href="https://kidshelpphone.ca/">https://kidshelpphone.ca/</a>  |
| <b>*Mindshift Group Therapy (Anxiety Canada)</b>   ANXIETY<br><i>Online, group-based, therapist-assisted CBT for anxiety.</i>  | \$490 per 8 wk program<br><a href="https://www.anxietycanada.com/mindshift-groups/">https://www.anxietycanada.com/mindshift-groups/</a>                                    |
| <b>Affordable Therapy Network Canada</b>   DEPRESSION, ANXIETY & MORE<br><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)<br><a href="https://affordabletherapynetwork.com/online-therapists/">https://affordabletherapynetwork.com/online-therapists/</a> |
| <b>MindBeacon</b>   DEPRESSION, ANXIETY & MORE<br><i>Access to virtual counselling visits with social workers, psychotherapists, or psychologists.</i>   | \$130-195 per 1hr session (Canadians 16+ yrs)<br><a href="https://www.mindbeacon.com/live-sessions">https://www.mindbeacon.com/live-sessions</a>                           |

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| <b>STRUCTURED PSYCHOTHERAPY</b> * = evidence-based cognitive behavioural therapy (CBT) options available  |   |
| <b>*Referral to a psychologist</b>   DEPRESSION, ANXIETY & MORE<br><i>Ask for a referral through your family doctor or other medical provider(s).</i>   | PAID services   |
| <b>*CBT Online with Wellbeing Program</b>   DEPRESSION, ANXIETY & MORE<br><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<br><a href="https://www.onlinetherapyuser.ca/wellbeing-program">https://www.onlinetherapyuser.ca/wellbeing-program</a>  |
| <b>*BounceBack by Bell – Let’s Talk</b>   DEPRESSION & ANXIETY<br><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)<br><a href="https://bounceback.cmha.ca/welcome/">https://bounceback.cmha.ca/welcome/</a>   |
| <b>*Kelty’s Key Online Therapy (Vancouver Coastal Health)</b>   DEPRESSION, ANXIETY & MORE<br><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<br><a href="https://www.keltykey.com/">https://www.keltykey.com/</a>  |
| <b>*MindBeacon</b>   DEPRESSION, ANXIETY & MORE<br><i>Therapist-guided, online CBT courses available to Canadians.</i>  | \$525 per 12 wk program (Canadians 16+ yrs)<br><a href="https://www.mindbeacon.com/guided-cbt-programs">https://www.mindbeacon.com/guided-cbt-programs</a>  |
| <b>*Moodgym</b>   DEPRESSION & ANXIETY<br><i>Five interactive, online modules that provide training in CBT, facilitate worksheets, and give personalized feedback (designed for mild depression/anxiety).</i>   | \$38/year<br><a href="https://moodgym.com.au/">https://moodgym.com.au/</a>  |
| <b>*Centre for Mindfulness</b>   DEPRESSION, ANXIETY & MORE<br><i>Offers a variety of meditations based in mindfulness CBT techniques.</i>  | FREE app; PAID online learning programs available<br><a href="https://www.mindfulnessstudies.com/personal/online-programs/">https://www.mindfulnessstudies.com/personal/online-programs/</a>  |
| <b>*My Anxiety Plan Online Courses (Anxiety Canada)</b>   ANXIETY<br><i>4-hour online modules children, teens and adults that provide training in CBT for anxiety.</i>  | FREE online courses<br><a href="https://maps.anxietycanada.com/">https://maps.anxietycanada.com/</a>  |
| <b>*Taming Worry Dragons</b>   ANXIETY<br><i>CBT-based manuals and workbooks for children, teens and parents.</i>   | \$10-20/book<br><a href="https://twd.keltymentalhealth.ca/">https://twd.keltymentalhealth.ca/</a>   |
| <b>Dialectical Behavior Therapy (DBT) Online</b>   DEPRESSION, ANXIETY & MORE<br><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<br><a href="https://dialecticalbehaviortherapy.com/">https://dialecticalbehaviortherapy.com/</a>   |
| <b>Cognitive Behavioural Therapy for Insomnia (CBT-I)</b>   INSOMNIA<br>* My Sleep Well: education, resources, online modules, and other tools for insomnia<br>* CBT-I program through Medication Assessment Centre at University of Saskatchewan           | FREE online resources: <a href="https://mysleepwell.ca/">https://mysleepwell.ca/</a><br>PAID therapist-guided program (\$120 initial, \$60 per f/u):<br><a href="https://pharmacy-nutrition.usask.ca/mac/sleepclinic.php">https://pharmacy-nutrition.usask.ca/mac/sleepclinic.php</a> |

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| <b>OTHER</b>   |   |
| <b>PODCASTS</b><br><ul style="list-style-type: none"> <li><a href="https://www.verywellmind.com/podcasts-to-listen-to-if-you-have-depression-5104728">https://www.verywellmind.com/podcasts-to-listen-to-if-you-have-depression-5104728</a></li> <li><a href="https://www.choosingtherapy.com/depression-podcasts/">https://www.choosingtherapy.com/depression-podcasts/</a></li> <li><a href="https://www.goodhousekeeping.com/health/wellness/g39754351/best-mental-health-podcasts/">https://www.goodhousekeeping.com/health/wellness/g39754351/best-mental-health-podcasts/</a></li> </ul>   | <b>APPLICATIONS</b><br><ul style="list-style-type: none"> <li>MoodFX: interactive mood tracking application.<br/><a href="https://moodfx.ca/About-Us">https://moodfx.ca/About-Us</a></li> </ul>   |
| <b>BOOKS</b><br><ul style="list-style-type: none"> <li><a href="https://www.healthline.com/health/depression/best-books-depression#how-we-chose">https://www.healthline.com/health/depression/best-books-depression#how-we-chose</a></li> <li><a href="https://markmanson.net/5-books-for-dealing-with-anxiety-and-depression">https://markmanson.net/5-books-for-dealing-with-anxiety-and-depression</a></li> <li><a href="https://www.verywellmind.com/best-books-for-depression-5094535">https://www.verywellmind.com/best-books-for-depression-5094535</a></li> <li><a href="https://www.verywellmind.com/best-books-for-anxiety-4692735">https://www.verywellmind.com/best-books-for-anxiety-4692735</a></li> </ul> | <b>PROGRAMS</b><br><ul style="list-style-type: none"> <li>Canadian Red Cross Friendly Calls Program: be matched with trained volunteers who will provide regular check-in calls, support, and resources. <a href="https://www.redcross.ca/how-we-help/community-health-services-in-canada/friendly-calls-program">https://www.redcross.ca/how-we-help/community-health-services-in-canada/friendly-calls-program</a></li> </ul> |

**OTHER STRATEGIES FOR HOLISTIC HEALTH:**

- Physical activity:** 30 minutes of moderate-intensity activity 2-3 times per week is an effective first-line treatment for depression. Check out [www.exerciseanddepression.ca](http://www.exerciseanddepression.ca) for more information and a downloadable toolkit to help get you started!
- Try experiencing nature, purposeful activities, 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](#)**



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