



The forensic centre values research to reduce victimization. As such some of the material we study and read can at times be emotionally distressing and triggering. These resources should be consulted along with self care approaches for resilience.

1

PAWS > Employment Resources > Wellness

USask offers support, services, and resources to encourage a safe and positive work-life balance and to assist employees in achieving optimal health. To help achieve this, USask has partnered with partner organizations to help support health and well-being of its employees and their dependents.



Employee and Family Assistance Program - Wellness
<https://wellness.usask.ca/help/efap.php>



Virtual Health Care - Wellness
<https://wellness.usask.ca/help/virtual-health-care.php>



Cognitive Behaviour Therapy - Wellness
<https://wellness.usask.ca/help/cbt.php>



Benefit Plans - Wellness

<https://wellness.usask.ca/benefits/plans.php#BenefitPlanSummaries>

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PAWS > Employment Resources > Wellness > Wellness Resources

USask offers support, services and resources to encourage a safe and positive work-life balance and to assist you in achieving optimal health.

Healthy Body, Healthy Mind, Healthy Life

The wholeness of your health is comprised of interdependent elements: mind, body and life. Therefore, USask provides resources to support a holistic approach to being well.

Healthy Mind - A healthy mind provides the emotional energy and clarity to approach and manage life with optimism and resilience. Find information about: Stress and Anxiety, Depression, Family and relationship (Get help from Lifeworks)
Cognitive Behavioral therapy (Get help from Mind Beacon)

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PAWS > Employment Resources > Wellness > Wellness events and workshops

Refer to Wellness Calendar

4

PAWS > Employment Resources > Wellness > Additional wellness supports

External Resources

- Canadian Mental Health Association (CMHA) - www.cmha.ca
- Mental Health and Addiction Services - saskatoonhealthregion.ca
- Mental Health Works - mentalhealthworks.ca
- Saskatoon Crisis Intervention Service - saskatooncrisis.ca
- Workplace Strategies for Mental Health - workplacestrategiesformentalhealth.com
- Healthline 811 - dial 811 or 1-877-800-0002

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Student Resources <https://wellness.usask.ca> > Student Resources

Student Wellness Centre (University Place Riel) - you can book an appointment with a physician, nurse, counsellor, psychiatrist, and dietitian.

Student Affairs and Outreach- A team of Social Workers who support students throughout their academic journey. Services include immediate support to students, crisis response, educational programming, and consultation with faculty, staff, and students who are concerned about a student.

Empower Me - Mental Health Resources - Toll-free 24/7: 1-833-628-5589