

## EXTERNAL PARTNERS/RESOURCES

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### Canadian Mental Health Association (CMHA)

Provides a wide range of innovative services and supports to people who are experiencing mental illness. One of the core goals of these services is to help people with mental illness develop the personal tools to lead meaningful and productive lives



[www.cmha.ca](http://www.cmha.ca)

### Mental Health and Addiction Services

Provides a wide range of services, supports and education to assist adults and youth who are struggling with mental health and addiction issues in Saskatchewan.



[saskatoonhealthregion.ca](http://saskatoonhealthregion.ca)  
(under the **Location & Services** tab)

### Mental Health Works

Provides information to help employees and employers address mental health issues in the workplace.



[mentalhealthworks.ca](http://mentalhealthworks.ca)

### Saskatoon Crisis Intervention Service

Provides comprehensive crisis response services to individuals and families 24 hours each day. This includes crisis counselling and conflict management.



[saskatooncrisis.ca](http://saskatooncrisis.ca)



306-933-6200

### Workplace Strategies for Mental Health

Provides free information, tools and resources available for employees, supervisors, and union leaders to improve workplace mental health for all Canadians.



[workplacestrategiesformentalhealth.com](http://workplacestrategiesformentalhealth.com)

### Healthline 811

HealthLine is a free, confidential, 24-hour health information and support telephone line. It is staffed by experienced and specially trained client navigators, registered nurses, registered psychiatric nurses and social workers. HealthLine provides mental health and addictions support. HealthLine's registered psychiatric nurses and social workers can offer crisis counseling and strategies to help manage a crisis situation or give you information about resources in your community.



811 or 1-877-800-0002