

Support Service Directory and COVID-19 Information

Emergency & Non-Emergency Ambulance, Fire, Police, Medical

Agency	Contact Information
EMERGENCY – Ambulance, Police, Fire	9-1-1
Healthline	8-1-1
Saskatchewan Community Resources	2-1-1
Ambulance (Non-Emergency)	Melfort: 306-752-4395 Nipawin: 306-862-2717 Tisdale: 306-873-4559
R.C.M.P. (Non-Emergency)	Melfort: 306-752-6420 Nipawin: 306-862-6270 Tisdale: 306-878-3810
Fire (Non-Emergency)	Melfort: 306-752-5911 Nipawin: 306-862-9866 Tisdale: 306-873-4444
Hospital: Emergency & Non-Emergency	Melfort: 306-752-8700 Nipawin: 306-862-4643 Tisdale: 306-873-2621
Medical Clinic (Non-Emergency)	Melfort: 306-752-6330 Nipawin: 306-862-4626 Tisdale: 306-873-4561
MedSask- Medication Information	1-800-667-DIAL (3425) Text: 306-260-3554 Email: druginfo@usask.ca
Poison Control – Saskatchewan (24 hours)	1-866-454-1212
Public Health	Melfort: 306-752-6310 Nipawin: 306-862-7230 Tisdale: 306-873-8282

Local Support Programs

Name of Agency	Contact Information	Service
Detox & Inpatient Treatment Information	306-752-8767	Mental Health & Addiction Services (connects through Melfort) <ul style="list-style-type: none"> • Referrals to further resources
Kids First Program - Nipawin	306-862-6222	Services include: <ul style="list-style-type: none"> • Prenatal referral and support • In-depth family assessment • Home-visiting services • Mental health and addiction services • Early learning and child care opportunities • Family support opportunities
Mental Health & Addiction Services (Kelsey Trail Health Region & Saskatchewan Health Authority)	Central Intake: 306-752-8767 Melfort: 306-752-8767 Nipawin: 306-862-9822 Tisdale: 306-873-3760 https://www.kelseytrailhealth.ca/Programs/MHA/Pages/default.aspx	Intake Line (connects to Melfort) Mental Health services include: <ul style="list-style-type: none"> • Local referral and support • Outpatient rehabilitation services • Therapy for victims of abuse • Child & youth service • Behavior management counselling • Therapy for stress, anxiety, depression, phobia • Psychological assessment

		<ul style="list-style-type: none"> • Crisis service • Education <p>Addiction services include:</p> <ul style="list-style-type: none"> • Outpatient counselling to individuals involved in/affected by substance abuse • Problem gambling counselling • Education and prevention programs
Ministry of Social Services	<p>Saskatchewan Toll Free: 1-866-221-5200 socialservicesinquiry@gov.sk.ca Melfort: 1-800-487-8640 Nipawin: 1-800-487-8594 Tisdale: 1-800-487-8594</p>	<ul style="list-style-type: none"> • Income support • Child and family services • Supports for persons with disabilities • Affordable housing
Child Protection Services	1-866-719-6164 (Prince Albert/North)	<p>24-hour provincial child protection intake line</p> <ul style="list-style-type: none"> • To report all incidents of suspected, observed, or disclosed child abuse and/or neglect from anywhere within the province
Northeast Early Childhood Intervention Program (NEECIP)	306-873-3411	Supporting families with pre-school age children experiencing developmental delays
Northeast Newcomer Services	<p>306-873-2672 info@northeastnewcomerservices.com</p>	Settlement support for newcomers to Canada (including international students)
Northeast Outreach and Support Services (NEOSS)	<p>1-800-611-6349 306-752-9464 www.northeastoutreach.ca</p>	<ul style="list-style-type: none"> • 24-hour crisis line • Outreach Counseling services

		<ul style="list-style-type: none"> • Emergency Home for children • Transitional housing for Women (and their families) • Women's Shelter
Northeast Regional Victim Services	Main office in Tisdale 306-878-3819 www.nervs.ca	Provides confidential support to victims of crime and traumatic events in the Northeast Region <ul style="list-style-type: none"> • Information • Support • Advocacy • Links to other resources
Salvation Army - Melfort	Monday – Friday/9:30am – 5:00pm 306-752-3525 After Hours 306-920-9166 (call or text)	<ul style="list-style-type: none"> • Free Lunch program • Thrift store • Emergency clothing • Emergency food assistance • Christmas hampers • Backpack program
Salvation Army – Tisdale	306-873-4643	<ul style="list-style-type: none"> • Emergency food hampers • Emergency/crisis support with household and clothing items • Fill-a-Backpack – School supply program • Christmas Hampers • Income Tax support
Salvation Army - Nipawin	306-862-5335	<ul style="list-style-type: none"> • Thrift store • Emergency clothing • Food bank • Christmas hampers • Backpack program

		<ul style="list-style-type: none"> • Income Tax Return assistance • Subsidized youth summer camps • On-site community, family, and child services worker
STR8-UP	Saskatoon: 306-244-1771 Prince Albert: 306-763-3001 Email: info@str8-up.ca Website: www.str8-up.ca	<ul style="list-style-type: none"> • Outreach services, programming and support to those who have lived or are living criminal street lifestyles and who want to make positive changes in their lives.

Indigenous Support Services

Agency	Contact Information	Service
First Nations & Inuit Hope for Wellness Helpline	1-855-242-3310 https://www.hopeforwellness.ca/	24 hours a day, 7 days a week. Phone and chat counselling is available in English and French. On request, phone counselling is also available in: <ul style="list-style-type: none"> • Cree • Ojibway • Inuktitut
James Smith Cree Nation Wellness Centre	306-864-2454 http://www.jamesmithhealthclinic.com/	<ul style="list-style-type: none"> • Doctor visits • Community health programming • Nutrition support • Dental support • Mental health support • Youth programs
Kinistin Sauteaux Nation Wellness Centre	306-878-8181	<ul style="list-style-type: none"> • Doctor visits

	http://www.ehealth-north.sk.ca/facility.aspx?m=4&facility=102	<ul style="list-style-type: none"> • Community health programming • Nutrition support • Dental support • Mental health support • Youth programs
Muskoday First Nation Community Health Centre	306-764-6737 1-866-564-6737 https://muskodayfn.ca/muskoday-community-health-center/	<ul style="list-style-type: none"> • Community health education and awareness programs • Tuberculosis support • Home care • Community addictions program • Medical transportation • Child and family services • Dental care
Red Earth Cree Nation Health Centre	306-768-3617 http://www.redearthcreenation.com/health-centre.html	<ul style="list-style-type: none"> • Physician services • Public health • Telehealth services • Mental health services • Home care • Medical Transport • Addiction services • Dentist • Diabetes Education • Dietician
Shoal Lake Cree Nation Health Centre	306-768-3457 https://www.pagc.sk.ca/health/programs-and-services/holistic-wellness-centre/	<ul style="list-style-type: none"> • Home care • Medical transport • Mental health services • Physician services

		<ul style="list-style-type: none"> • Nurse practitioner • Maternal/child health services
Yellow Quill First Nation Health Centre	306-322-2041 http://www.ehealth-north.sk.ca/facility.aspx?m=4&facility=107	<ul style="list-style-type: none"> • Doctor visits • Community health programming • Nutrition support • Dental services • Mental health services • Youth programs
Marguerite Riel Center	306-752-4950 https://margueriterielcentre.com/services	<ul style="list-style-type: none"> • Parent & family support programs • Childcare • Community kitchen • Soup kitchen • Emergency food hampers • Community gardens • Court/justice support • Housing support • Life skills • Traditional and cultural teachings • Group programming: anger management, parenting, healing circles, grief and loss, etc. • Youth programs: gym night, summer activities, cultural teachings, peer support activities, etc.
Métis Nation ERII – SK Housing Support Program and Personal Protective Equipment Program	1-833-343-8285 ER2—Sherry Soll sherrysoll@mns.work	<ul style="list-style-type: none"> • One-time \$500 payment to Métis households needing relief

	306-613-9073	<ul style="list-style-type: none"> • Personal Protective Equipment (PPE) may include hand sanitizer, masks, disinfectant cleaning supplies, gloves, clinical thermometers • Available to registered and self-identifying Métis <p>MN-S will access and distribute supplies and Regions will identify at-risk Métis</p>
Métis Nation ERII Emergency Childcare Support	1-833-343-8391 Contact Lisa Fleming at lfleming@mns.work or 1-833-343-8391	<ul style="list-style-type: none"> • One-time \$500 per child to a maximum of \$2,500 • Children must be under 10; registered MN-S citizens; resident of SK for the past 6 months • An MN-S daycare for first responders and emergency workers will also be available <p>Full criteria and online applications are available on the MN-S website.</p>
Metis Nation Support Lines	Mental Health/Addictions Line 1-855-671-5638 Crisis Line 1-877-767-7572	Monday - Friday 8am-4pm Central Time Crisis line available 24/7
Nipawin Oasis Centre	Ph: 306-862-5551 Cell: 306-276-7548 Email: nipoasis1@sasktel.net www.nipawinoasis.com	Open Monday to Friday 9am-5pm <ul style="list-style-type: none"> • After-school youth program • Summer reading program • Housing application assistance • Resume assistance • Income tax services • Addiction & mental health referrals and applications • Anger management education • Phone/fax/computer services

		<ul style="list-style-type: none"> • Indigenous cultural programs
PA Friendship Centre	306-764-3431 https://www.afcs.ca/home.html	Providing referrals and counselling for Indigenous People with respect to employment, housing, education, health, and liaison with other community organizations
Prince Albert Grand Council (Red Earth, Shoal Lake, James Smith)	306-953-7200 https://www.pagc.sk.ca/	<ul style="list-style-type: none"> • Agriculture • Child Care • Education • Forestry • Health • Holistic Wellness • Information Technology • Justice • Spiritual Healing • Sports, culture, and recreation
PAGC Spiritual Healing Lodge	Ph: 306-953 2498 Fax: 306-953-2514 Email: shlreception@pagc.net https://www.pagc.sk.ca/spiritual-healing-lodge/	12-bed facility which provides accommodation for low-security male inmates and offenders from federal institutions. Programming includes: <ul style="list-style-type: none"> •Weekly sweats •Talking circles •Pipe ceremonies •One-on-ones •Smudging • Traditional parenting •Fire Keepers’ teachings •Medicine Wheel teachings •Group addiction counselling, AA, NA & GA •Individual addiction counselling •Men’s group •Family Violence Prevention •Parenting skills •Grief & Loss •Safe food handling •Chainsaw safety •Anger Management •Church • Literacy upgrading •Beading •Carving •Drum making •Hide tanning •Drumming & singing •Carpentry projects •Sun Dances •Rain Dances

		<ul style="list-style-type: none"> •Round Dances •Pow wows •Fasting •Tipi teachings •Nutrition •STD clinics
Sakwatamo Lodge Family Treatment Centre (James Smith Cree Nation)	306-864-3631 https://www.pagc.sk.ca/health/programs-and-services/sakwatamo-lodge-3/	Treatment activities with a goal of strengthening First Nations against alcoholism and drug addiction. <ul style="list-style-type: none"> • Alcohol and drug education • Cultural teaching & ceremonies • Family wellness • Individual & group counselling • Family counselling • Traditional crafts • Life skills development • Youth skill development • Child care support
Saskatoon Tribal Council (MFN, KSN, YQFN)	306-956-6100 https://www.sktc.sk.ca/programs-services/	<ul style="list-style-type: none"> • Economic development • Community health programs: mental health, addictions, maternal child health, nutrition, diabetes, chronic conditions, Indian Residential School programs • Early childhood learning • Environmental health standards • Housing • Justice • Education • Labour force development
Saulteaux Healing & Wellness Centre (Cote First Nation)	306-542-4110 http://shwc.ca/	Addictions in-patient treatment program

Help Lines and Provincial/National Services

Name of Agency	Contact Information	Service
AA Help Line	Saskatoon: 306-665-6727 Regina: 306-545-9300 https://www.aa.org/	24/7 Service support line
Al-Anon and Alateen	306-691-5811	24/7 Service support line
Narcotics Anonymous	1-877-463-3537 https://www.na.org/	24/7 Service support line
Abuse Line/Sexual Assault Line (Child)	1-800-422-4453	24/7 crisis support line
Acquired Brain Injury Program – Life Without Barriers	1-866-899-9951 306-765-6630 https://paphr.ca/services/acquired-brain-injury-services	Group of programs that assist individuals, families, and communities affected by an acquired brain injury. Provide case management, consultation and education.
Bounce Back Reclaim your health	https://wellnesstogether.ca/en-CA 1-855-873-0013	Free program from the Canadian Mental Health Association designed to help adults with depression, anxiety, stress or worry
Bridgepoint Centre for Eating Disorders	306-953-2240 www.bridgepointcenter.ca	Resource for recovery-based programs for people experiencing disordered eating.
Catholic Family Services	306-922-3202 https://www.cfspa.ca/	Counseling services for individuals and families. Provide programming for a variety of topics from parenting to anger management.
C.A.R.E. (Caregiver Affected Recovery Education) Program	1-800-461-5483 https://sk.cmha.ca/programs-services/care-program/	A program developed for the Canadian Mental Health Association, Saskatchewan Division Inc. Designed to offer support and education to anyone who provides services and assistance to vulnerable individuals.
Canadian Human Trafficking Hotline	1-833-900-1010	24/7 support line

Child Abuse Line	306-569-2724	24/7 support line
Child Protection Intake Line (Prince Albert – North)	1-866-719-6164	Report all incidents of suspected, observed, or disclosed abuse.
Child Help National Child Abuse Hotline	1-800-422-4453	24/7 support line
Emotions Anonymous Phone Support	306-384-9847 https://emotionsanonymous.org/	Facilitates the efforts of individuals seeking to improve their emotional well-being. Meetings held in-person, over the phone, and virtually.
Farm Stress Line	1-800-667-4442 http://www.mobilecrisis.ca/farm-stress-line-rural-sask	Phone service and mobile crisis 24/7 <ul style="list-style-type: none"> • Mental health – stress, depression, suicidal thoughts • Domestic violence • Teen parent conflict • Seniors abuse and neglect • Relationships • Parenting • Addiction • Grief • Custody • Child abuse and neglect • Youth issues – school, relationships with peers and parents • Financial
Gamblers Anonymous	1-855-781-9522	24/7 support line
Kids Help Phone	1-800-668-6868 Text CONNECT to 686868 www.kidshelpphone.ca	Phone, text, chat and access resources. Support with any personal challenges including anxiety related to COVID 19
Mental Health Mobile Crisis Team	1-888-429-8167	Short-term crisis management for those in distress
Legal Aid	1-877-424-1907 306-752-6220	Free legal services

My Wellness App	www.mywellness.com	Online support services, self-assessment and personal wellness information via Cumberland College student portal and website
National Crisis Support Line	1-844-751-2133	24/7 support line available to anyone in need of emotional support
Online Therapy	https://www.onlinetherapyuser.ca/	Contact your campus advisor for more information. Service is free.
Online Therapy Inkblot Therapy	https://inkblottherapy.com/	Contact your campus advisor for more information. Service is free.
OUTSaskatoon	306-665-1224 https://www.outsaskatoon.ca/	Programs and services address underlying issues which affect the health and welfare of the queer and transgender community by heterosexism, homophobia, biphobia and transphobia.
Prince Albert Children's Haven	306-922-4454	24/7 Emergency Care for Children
Prince Albert Sexual Health Clinic (Access Place)	306-765-6544	<ul style="list-style-type: none"> • Testing for all sexually transmitted infections (STIs) • Rapid HIV testing • Treatment for STIs • Referrals to Hepatitis C & HIV positive care programs • Referrals to addiction programs • Pregnancy testing • Hepatitis A & B immunizations • Free condoms • Educational presentations
Problem Gambling Help Line	1-800-306-6789 http://www.spgh.ca/	Gambling addiction help, support and information.
Saskatchewan Drug Information Line	1-800-665-3784 https://medsask.usask.ca/	medSask supports appropriate prescribing and medication safety in Saskatchewan by

		providing accurate, evidence-based information on medications and medication therapy to the general public, healthcare providers, and other stakeholders.
Saskatchewan Emergency Measures Organization	1-306-787-9563	24/7 information and to reach local Saskatchewan Public Safety Agency contacts
Saskatchewan Environment Spill Report Centre	1-800-667-7525	24/7 – Spill Control Centre
Saskatchewan HIV/AIDS Hotline	1-800-667-6876	Call if: <ul style="list-style-type: none"> • You have questions about HIV/AIDS • You think you may be infected • You would like to arrange for testing
Schizophrenia Society of Saskatchewan	1-877-584-2620 https://www.schizophrenia.sk.ca/	Support for people affected by schizophrenia and psychosis. <ul style="list-style-type: none"> • Education • Resources • Public policy • Research • Programming
Sexual Assault Services of Saskatchewan	306-526-8776 Email: admin.sass@sasktel.net http://sassk.ca/	A provincial non-profit organization that works collectively with front-line agencies, community partners, and governments. <ul style="list-style-type: none"> • Support and advocacy for those affected by sexual violence • Database of contact information for agencies in Saskatchewan that offer sexual assault counseling and support • Blog and resources
Sex Addicts Anonymous	1-800-477-8191	24/7 Support Services
Smokers' Helpline	1-877-513-5333	24/7 Support Services

Suicide Prevention Lifeline	1-800-273-8255 https://suicidepreventionlifeline.org/	The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
Straight to the Point Harm Reduction Program (Prince Albert)	306-765-6533 https://paphr.ca/hospitals-clinic-locations/primary-care-walk-in-clinics/sexual-health-clinic-access-place	<ul style="list-style-type: none"> • Regional needle exchange program • Referrals to Hepatitis C & HIV Program, sexual health clinic, nurse practitioner, addiction programs, detox, methadone program, etc. • Educational presentations • Community retrieval of publicly discarded needles
Take Home Naloxone Kits (Prince Albert)	306-765-6542 https://paphr.ca/hospitals-clinic-locations/primary-care-walk-in-clinics/sexual-health-clinic-access-place	Prevent, recognize, and respond to an opioid overdose. <ul style="list-style-type: none"> • Take home naloxone kits • Training
Trans Lifeline	1-877-565-8860 https://translifeline.org/	24/7 Support Services Trans-led organization that connects trans people to community, support and resources.
Wellness Together Canada	https://wellnesstogether.ca/en-CA 1-866-585-0445 (Adults) 1-888-668-6810 (Youth) Text (SMS) WELLNESS to 741741	24/7 mental health and substance support Free live counselling
Young Offenders	1-877-862-1850	

Websites

Name of Website	Link	Description
211 Saskatchewan	https://sk.211.ca/	Links to SK based crisis lines
Saskatchewan Government COVID-19	https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus	Link to self-assessment tool, information regarding symptoms, public health orders, etc.
Saskatchewan Government COVID-19 News & Media	https://www.saskatchewan.ca/news#utm_campaign=q2_2015&utm_medium=short&utm_source=%2Fnews	Province updates related to the pandemic
Government of Canada COVID-19 Outbreak Update	https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html	Coronavirus disease (COVID-19): Outbreak update for all Canadian provinces
Government of Canada's COVID-19 Economic Response Plan	https://www.canada.ca/en/department-finance/economic-response-plan.html#business	<p>Guide on government supports to individuals and businesses having personal or financial difficulties due to the pandemic.</p> <ul style="list-style-type: none"> • Employment Insurance (EI) Program • Canada Recovery Benefit (CRB) • Canada Recovery Sickness Benefit (CRSB) • Canada Recovery Caregiving Benefit (CRCB) • Canada Emergency Response Benefit (CERB) • Mortgage payment deferral

Bell Let's Talk	https://wellcan.ca/ https://letstalk.bell.ca/en/	An online and in-app collection of resources available to all Canadians. WellCan offers easy access to an extensive range of free resources to support your mental health amid the COVID-19 crisis.
Coronavirus Response Information Hub	https://coronavirus-response-black-gold.hub.arcgis.com/	<ul style="list-style-type: none"> • Global Statistics • Canadian Specific Statistics • Symptoms of COVID-19 • Prevention & Protection Strategies • What to do if you sick? • Local Resources • Interesting News Articles 'Mapping the Novel Coronavirus Outbreak' • Alberta Health Services, Saskatchewan Health Authority & BC Provincial Health Authority Latest Information through tweets. • CDC and various Canadian Health Resources • National / Global Resources • FAQ's of COVID-19
Greater Good Magazine	https://greatergood.berkeley.edu/education	Greater Good magazine provides resources to help you find resilience in these uncertain times, and you can subscribe to a happiness calendar of daily suggestions to practice gratitude.

Guides/Handbooks

Name of Guide	Link or source	Description
Surviving to Thriving: Developing Personal and Academic Resilience	https://www.healthycampusalberta.ca/wp-content/uploads/2019/08/From_Surviving_to_Thriving_EN-2.pdf?mc_cid=09df6f234f&mc_eid=658f0e5c83	Handbook to help students address anxiety and stressors of a pandemic.
COVID and Harm Reduction and COVID 19 Manual for vulnerable populations	<i>Amanda Galambos</i> HIV Primary Care Capacity Program Coordinator 306-952-4530 www.sidcn.ca	COVID-19 & Harm Reduction - PRACTICE SAFER DRUG USE TO PREVENT COVID-19 /CORONAVIRUS COVID-19 Manual for Vulnerable Populations

Coronavirus Anxiety: Coping with Stress, Fear, and Uncertainty	https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm	Self-help guide for those feeling stress and anxiety
Coronavirus Anxiety Workbook	Coronavirus-Anxiety-Workbook-1.pdf (macanxiety.com)	A tool to help you build resilience during difficult times
School Shelf	http://www.schoolshelf.com/985078-cumberland/	Provides a variety of resources for Cumberland College students on topics from study skills to managing stress and mental health.

Webinars

Name of webinar	Link or source	Description
CTRI – Crisis and Trauma Resource Institute	https://ca.ctrinstitute.com/free-webinar/	Each month a free webinar is offered on a variety of topics from supporting people through grief and loss, mental health support, and trauma awareness.