

Community Resources: General Mental Health Support & Associations



Canadian Mental Health Association

1-800-461-5483
contactus@cmhask.com
<https://sk.cmha.ca/>

Provides recreation and vocational counselling for adults with mental illnesses, resource materials on mental illnesses and mental health services, and a life skills employment program. Referrals to related agencies. Public awareness promotion.

Central Intake Mental health & Addictions Services

Centralized Intake: 306-655-7777

Adult Services:
306-655-4100
www.saskatoonhealthregion.ca

Child & Youth Services:
306-655-7950

Rehab Services:
306-655-0440

Point of entry to all services provided by all community Mental Health & Addiction Services, and Rehabilitation/Residential Services to children, youth, and adults. Provides assessment, prioritization, interim support, and crisis intervention, when required. Provides information to community resources. Individuals & parents may be self-referred or referred by a healthcare practitioner.

Crocus Co-op

306-655-4970
www.crocuscooperative.org

A self-help group for people who have a history of mental health problems or disabilities. They offer a drop-in activity centre which provides a casual employment program and informal recreational activities. They also have a meal program two times a day for minimal cost.

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Justice Community Support Program

306-933-3045
ashleycmha@sasktel.net

129-122 3rd Avenue North
Saskatoon, SK

The Justice Community Support Program is a new provincial initiative that can assist clients who have both: a mental health impairment and a designation on the Serious Violent Offenders Response (SVOR). The program is a joint initiative involving CMHA, Probation, Municipal Police Services, Crown Prosecutors, and RCMP. The Justice Community Support Program is intended to bridge the gaps that individuals fall through upon release into the community.

McKerracher Centre Programs

306-655-4549
www.saskatoonhealthregion.ca

2302 Arlington Avenue
Saskatoon, SK

Recovery Day Program:

Offers a variety of drop in groups to adults 18+ who have been affected by major a mental illness (which may include addiction) and want to "live well". The groups enhance living skills and build on individual strengths, offer an opportunity to engage in focus activities and build on social connections in a safe, supportive environment.

Adult Family Program:

Provides education groups and individual supports for families affected by someone else's mental illness, substance use/abuse, and or gambling concerns.

Mood Program:

Provides cognitive behavioural therapy and/or psycho-educational groups for person's affected by mood issues.

Residential Services:

Facilitates the Mental Health Approved Homes Program in the Saskatoon Health Region. The residents of these homes are persons who face serious challenges as a result of mental illness.

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Lighthouse Supported Living (Homeless Shelter)

306-653-0538
www.lighthousesaskatoon.org

304-2nd Avenue South
Saskatoon, SK

Provides emergency shelter, supported living, and affordable housing to those in need in Saskatoon, SK.

Saskatoon Crisis Intervention Services

306-933-6200
www.saskatooncrisis.ca

103-506 25th Street East
Saskatoon, SK

Provides 24-hour mobile crisis intervention, crisis counselling, and conflict management to individuals or families in distress or crisis.

Autism Services of Saskatoon

306-665-7013
www.autismservices.ca

609 25th Street East
Saskatoon, SK

Provides support for family members and people directly affected by autism.

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Family Service Saskatoon

306-244-0127
info@familyservice.sk.ca
www.familyservice.sk.ca

102-506 25th Street East
Saskatoon, SK

Programs:

- Teen and Young Parent Program
- Child & Youth Support Program
- Childcare Services
- Community Counselling including Walk In Counselling
- Community Education
- Parenting Education Saskatchewan Program
- Employee & Family Assistance Program
- Intimate Partner Violence Outreach Program
- Men's Group – Invitation to Responsibility
- Youth Exposed to Violence Program
- Domestic Violence Court Worker Program

Legacy Ridge Trauma Recovery & Resource Center

306-659-5815
www.legacyridgefoundation.com

C/O 123 Nelson Road
Saskatoon, SK

The Legacy Ridge Foundation, a Canadian registered charity, was formed in 2012 to provide support services to adult survivors of childhood sexual abuse and trauma. Legacy Ridge aims to address all aspects of the individual who has been abused and liaise with other professionals to provide a complete and comprehensive treatment approach; supporting individuals in identifying and pursuing effective pathways to service.