

## **Student Mental Health Supports at USask:**

**Gordon Oakes Red Bear Student Centre:** If you need to talk with an Elder, please contact staff at the centre. There are also weekly grounding circles held as a safe, confidential space for students, staff and elders to connect and share. Smudging space is also available at the centre. If you need support, they can also help to connect you with services and assistance; contact: **306-966-5790** or by email at [gordonoakes.redbear@usask.ca](mailto:gordonoakes.redbear@usask.ca)

**Student Affairs and Outreach:** Offers counseling services and support for students feeling overwhelmed. [Book Online](#), email: [Student.outreach@usask.ca](mailto:Student.outreach@usask.ca) or call **306-966-5757**

**Student Wellness:** Services include immediate support to students, crisis response, educational programming, and consultation with faculty, staff and community members. They have the following practitioners available:

Family Physicians	Nurse Practitioners
Registered Nurses	Mental Health Nurses
Psychiatrists	Psychologists
Obs-Gyn Resident	Dietitian
Physiotherapists	Chiropractors
Massage Therapists	Peer Health Education
Registered Social Workers	

To book an appointment with student wellness please contact: **306-966-5768** or email: [student.wellness@usask.ca](mailto:student.wellness@usask.ca)

**Peer Health Network:** Peer Health student volunteers are available to listen and help students find and access resources to improve emotional wellness. This service is confidential. To book an appointment please contact: [peer.health@usask.ca](mailto:peer.health@usask.ca)

**Empower Me Online Counselling:** [Empower Me](#) this service is available as part of USSU and GSA's health and dental plans.

**Oyateki Auntie Program:** Indigenous Auntie program where students can visit and participate in cultural activities with a 'campus auntie'.

**Therapy Dogs:** Therapy dogs regularly visit the University through the [PAWS your stress program](#)

**Indigenous Business Student Society Smudge:** IBSS Smudge and Share at the Indigenous Law Centre every Monday from 11:30am to 12:30pm.

## **Faculty/Staff Support at USask:**

**Employee and Family Assistance Program:** Staff, faculty and their family members have access to 24/7, confidential support – available by phone 1-855-575-1740, [online here](#) or through the Telus Health app.

**Staff Benefits:** Benefit plans summaries are available [online here](#). Employees can login to PAWs to view what benefits and supports are available to them based on which union they belong to.

**Wellness:** Usask has a wellness strategy with resources for a healthy mind, healthy body and healthy life available [here](#).

## **General Mental Health Supports within Saskatoon:**

**Hope for Wellness Helpline:** Provides 24/7 support with experienced and culturally competent counsellors for Indigenous people. Contact: **1-855-242-3310** or visit their [website](#) to chat online. Counselling is available in several Indigenous languages.

**Saskatoon Crisis Intervention Service (SCIS):** Offers 24/7 crisis support for individuals of all ages, including mobile crisis response. Contact: **306-933-6200**

**Canadian Mental Health Association (CMHA) Saskatoon Branch:** Assists individuals in navigating mental health resources and provides various support services. A list of support groups can be found [here](#).

**Suicide Crisis Helpline:** Available 24/7 for anyone in crisis Call or text 988.

**HealthLine 811:** HealthLine 811 is a confidential, 24-hour health and mental health and addictions advice, education and support telephone line available to the people of Saskatchewan. It is staffed by experienced and specially trained registered nurses, registered psychiatric nurses and registered social workers.

<b>Mobile Crisis Services</b>	Provides crisis support in various regions, including Saskatoon. Contact: 306-933-6200
<b>Kids Help Phone</b>	Offers professional counseling, information, and referrals for young people. Call 1-800-668-6868, text 686868, or chat online.
<b>Mental Health and Addictions Services Intake</b>	306-655-7777
<b>Children's Mental Health Service</b>	306-655-7800
<b>Adult Community Mental Health</b>	306-655-8877
<b>Youth Mental Health &amp; Addiction Services (ages 12-18)</b>	306-655-7802
<b>Leslie and Irene Dube Centre for Mental Health</b>	<b>Adult:</b> 306-655-0703
<b>(acute services):</b>	<b>Child/Adolescent:</b> 306-655-0702