

# RESOURCES IN OUR COMMUNITY

Mental health is more than the absence of a mental health condition or illness: it is a positive sense of well-being, or the capacity to enjoy life and deal with the challenges we face. Below you will find information and resources to help face the challenges to mental health in daily life.

## FINDING HELP

Some people worry about asking for help because there can be stigma around mental health problems. They may believe that asking for help means admitting that something is wrong. Some people worry about how others might see them. Asking for help means that you want to make changes or take steps towards your new health goals. We should celebrate the courage it takes to speak up and make changes. Getting help is part of recovery.

## BUILDING YOUR TEAM

The first steps may be the toughest, but knowing where to look for help is a good start. Here are good places to begin building your team:

- Talk with supportive friends and family. Share your feelings with them and let them be part of your team.
- Talk to your family doctor. They are a great resource and can link you to other professionals, if needed.
- Connect with community mental health clinics or organizations like the Canadian Mental Health Association (CMHA) for information, support, and services.
- Call a help line. Some organizations also offer support online or through text messaging.
- Learn more about mental health. You can find useful books, websites, and other resources through your provincial or territorial government and community agencies.
- Connect with others who have personal experience with a mental illness and learn more about their recovery journey.
- Attend workshops and education sessions hosted at community centres, agencies, schools, colleges or universities.
- Talk with a member or leader you trust from your faith or cultural group.

## HELP LINES

### **988 Suicide Crisis Helpline** (24/7 Canada-wide)

Call or Text 9-8-8

[TalkSuicide.ca](https://talksuicide.ca) or [988.ca](https://988.ca)

### **Healthline 811** (24/7 Canada-wide)

Call 8-1-1 (translation in 100+ languages)

### **Kids Help Phone** (24/7 Canada-wide)

Call 1-800-668-6868 / Text 68686

[KidsHelpPhone.ca](https://kidshelpphone.ca)

### **Trans Lifeline** 1-877-330-6366 [TransLifeline.org](https://TransLifeline.org)

### **Indigenous Hope for Wellness Helpline**

Call 1-855-242-3310 (24/7 Canada-wide)

[HopeForWellness.ca](https://HopeForWellness.ca) (with online chat)

### **Farm Stress Line** (SK-wide) 1-800-667-4442

### **Free Rapid Access Counseling** (SK-wide)

[counsellingconnectsask.ca](https://counsellingconnectsask.ca)

### **Canadian Mental Health Association SK**

306-525-5601

[sk.cmha.ca](https://sk.cmha.ca)