

### Psychological health and wellness resources

Location	Name	Description	Contact information
Saskatchewan	Mobile Crisis Helpline	Free, 24/7 confidential crisis support	306.757.0127 <a href="mailto:info@mcsregina.ca">info@mcsregina.ca</a>
Northern Saskatchewan	Northeast Crisis Line	Free, 24/7 confidential crisis support	1.800.611.6349
Prince Albert	Prince Albert Mobile Crisis Unit	Free, 24/7 confidential crisis support	306.764.1011
Regina	Regina Crisis Services	Free, 24/7 confidential crisis support	306.525.5333
Saskatoon	Saskatoon Crisis Intervention Service	Free, 24/7 confidential crisis support	306.933.6200 <a href="mailto:info@saskatooncrisis.ca">info@saskatooncrisis.ca</a>
Southwest Saskatchewan	Southwest Crisis Services	Free, 24/7 confidential crisis support	1.800.567.3334
Saskatchewan	Healthline 811	Free, 24/7 confidential crisis support	8.1.1
Saskatchewan	Suicide Helpline	Free, 24/7 confidential suicide related support	306.525.5333
Canada	Canada Suicide Prevention Service	Free, 24/7 confidential suicide related support	1.833.456.4566

For additional psychological health and safety resources, please visit the Psychological Health and Safety Resource Centre on WorkSafe Saskatchewan's website:  
[www.worksafesask.ca/resources/psych-health-safety-resource-centre/](http://www.worksafesask.ca/resources/psych-health-safety-resource-centre/)

