

## Crisis Resources

It might not always feel like it, but there are people in your life who care about you and want you to be okay. Remember that people who have thoughts of suicide can get treatment and feel differently. Reach out to a trusted adult, a parent, grandparent, aunt or uncle, a teacher, coach or counsellor and tell them how you are feeling. You can also use this resource list to find help in your area.

### **If you are in immediate crisis go to your local emergency room or call 911**

Kids Help Phone	1-800-668-6868
Hope for Wellness	1-855-242-3319
Crisis Services Canada	1-833-456-4566

### LOCAL MENTAL HEALTH AND COUNSELLING SERVICES

<b>Mental Health Services Intake</b>	<b>1-800-216-7689</b>
Arcola Mental Health	306-455-2159
Estevan Mental Health	306-637-3610
Kipling Mental Health	306-736-2638
Weyburn Mental Health	306-842-8665
Moosomin Mental Health	1-866-367-8743

### **Saskatchewan Health Authority Addiction Services**

Weyburn office	306-842-9693
Kipling	306-736-2363
Community Supports Program	306-637-2757
Estevan Youth Services	306-637-2465
Estevan Adult Services	306-637-2422 or 306-637-2420

### **Envision Counselling & Support Centre Inc.**

Estevan office	306-637-4004
Weyburn office	306-842-8821
Carlyle office	306-453-2405
Oxbow office	306-483-5555