

Where to find help in Saskatchewan

- Kids Help Phone (free/24hrs)** 1-800-668-6868 <https://kidshelpphone.ca/>
- National Suicide Prevention Lifeline** ... 1-800-273-TALK (1-800-273-8255) <https://www.sprc.org/>
- Crisis Centre Hotline** 1-800-suicide (1-800-784-2433)
- Farm Stress Line** 1-800-667-4442
- Saskatchewan Health Line (free/24hrs)** – 811 <https://sk.211.ca/homepage>
- Sexual Assault Line (24hrs)** 1-800-214-7083
- Saskatchewan Health Authority Addictions Services**
Weyburn: 306-842-8693
Kipling: 306-736-2363
Community Supports Program: 306-637-2757
Estevan Youth: 306-637-2465
Estevan Adult: 306-637-2422 or 306-637-2420
- Mental Health Services Intake** 1-800-216-7689
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: 306-435-3303
- 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
- Emergency** 911

Lifeline App..... <https://thelifelinecanada.ca/lifeline-canada-foundation/lifeline-app/>

MindShift: This free app is designed to help teens and young adults cope with anxiety by changing the way you think about anxiety. The MindShift App will help you learn how to relax and develop helpful ways of thinking in order to take control over your anxiety. <https://www.anxietybc.com/resources/mindshift-app>

ToaMix: This free app allows you to create your own ambience of sounds to help you relax. With this app you can choose from a variety of sounds and combine them to produce the perfect mix.

- ❖ <https://itunes.apple.com/ca/app/taomix-create-your-own-relaxing/id660104097?mt=8>
- ❖ <https://play.google.com/store/apps/details?id=air.com.demute.TaoMix&hl=en>

ReachOut WorryTime: This free app helps you to set aside your current worries until later, so you can get on with your daily activities. With this app, you can set aside a specific time to deal with your worries, rather than carrying them around with you 24/7. http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=56

Headspace: This free app offers guided meditation of different lengths to help reduce anxiety and stress, and improve attention, awareness and concentration. This app uses skills such as mindfulness, breathing exercises, and relaxation. The free version of this app offers ten sessions, but there is also an option to pay to subscribe to this app for more mediation options. <https://www.headspace.com/>

Breathe2Relax: This free app teaches breathing techniques to help manage stress and anxiety. This simple app allows you to choose a deep breathing pattern that is comfortable for you, and then guides you through the breathing exercise.

- ❖ <https://itunes.apple.com/ca/app/breathe2relax/id425720246?mt=8>
- ❖ <https://play.google.com/store/apps/details?id=org.t2health.breathe2relax&hl=en>