



Mental Health Resources



Student Wellness Centre

student.wellness@usask.ca

wellness.usask.ca

306-966-5768



UNIVERSITY OF
SASKATCHEWAN

Looking after your mental health is important, and supports are available on campus, in the community, and online.

Campus Resources

Student Wellness Centre

Physical and mental health care for USask students.

Fourth floor, Place Riel Student Centre

306-966-5768

student.wellness@usask.ca

Peer Health Drop-In Support

Trained Peer Health student volunteers offer confidential support. Available from September to April.

Room 104, Marquis Hall

peer.health@usask.ca

Peer Health Student Recovery Support

Organized by trained Peer Health students with lived substance-use experience.

usaskrecovery@gmail.com

Student Affairs and Outreach

Social Workers who provide support to students who are experiencing a crisis, life stressors, or encountering barriers that are impeding their personal and/or academic success.

306 966-5757

student.outreach@usask.ca

Counsellor-in-Residence

Brief counselling support to students living in USask residences. Drop-in appointments available.

Room 133, Sask Hall

306-966-5757

Aboriginal Students' Centre (ASC)

The ASC offers programs and services aimed at supporting the personal, social, cultural and academic success of Métis, First Nation and Inuit students.

306-366-5790

asc@usask.ca

International Student and Study Abroad Centre (ISSAC)

ISSAC is dedicated to fostering a welcoming, globally aware and inclusive campus community.

Room 80, Lower-level Place Riel
Student Centre

306-966-4925

USSU

The University of Saskatchewan Students' Union operates five centres to enhance and support the student experience.

Childcare Centre: Child care for students and staff

Food Centre: Provides emergency food hampers

Help Centre: Information, referrals and support

Pride Centre: A friendly place for people of all sexual orientations and gender identities.

Women's Centre: A safe space to organize around feminism and activism.

contactus@ussu.ca

Empower Me by Studentcare

Mental health counselling and resources available to students who are enrolled in Studentcare.

1-833-628-5589

USask Faith Leaders

USask Faith Leaders are a multi-faith religious resource for all students, staff and faculty.

Baptist: Lou Leventhal, 306-370-4155

Hindu: Nawal Sharma,
nsharmask@yahoo.com

Jewish: Rabbi Claudio Jodorovsky, 306-343-7023

Lutheran: Pastor George Hind, 306-380-2158

Mennonite: Pastor Josh Wallace, 306-381-7260

Muslim (Sunni): Fatima

Coovadia, fatimausask@gmail.com

Muslim (Ahmadiyya): Aziz Ahmad,
canada.aziz@gmail.com

Roman Catholic: Michael MacLean,
306-966 8931; Celeste Woloschuk,
306 966-8950

Redeemed Christian Church of God:
Jide Oyetuga, 306-261-3202

Sikh: Jaswant Singh, 306-966-7410

Ukrainian Catholic: Fr. André Lalach,
306-280-2941

Community Resources

Saskatchewan Health Authority

Family doctor and walk-in clinics

Can advise and refer you to a qualified mental health care professional

saskatoonhealthauthority.ca

Saskatchewan Health Line

If you wish to speak to a health professional, call the
Saskatchewan Health line at 811 (24-hour service)

211 Saskatchewan

A list of community, social non-clinical health, and government services. Call or text 211 to speak with a service navigator or search SK 211

Mental Health Service

Centralized intake: **306- 655-7777**

saskatoonhealthauthority.ca

Adult Mental Health: Individual counseling, drop-in groups, group work, and therapy groups.

Community Addiction Services: Offers program for adults who struggle with substance use (including tobacco), gambling, and/or mental health concerns.

Child and Youth Mental Health: Individual, family, and group counselling. Individuals/parents may self-refer.

Family Services Saskatoon

Individual, couple, child and family counselling. Fees on a sliding scale based on income.

306-244-0127

Saskatoon Sexual Assault & Information Centre

Free individual and group counselling and services to survivors of sexualized violence.

Main line: 306-244-2294

24-Hour crisis line: 306-244-2224

Saskatoon Open Door Society

Welcoming support for newcomers to Canada to assist in connecting and integrating with the local community.

100 – 129 3rd Ave N.

306-653-4464

Saskatoon Tribal Council

Provides a variety of social, health, recreational, and educational programming, including counselling, housing, and career development.

#200 – 335 Packham Avenue

306-956-6100

OUT Saskatoon

Services that support the physical and mental health of 2SLGBTQ youth, adults, and families.

306-665-1224

Catholic Family Services

Counselling available to individuals, families, and couples. Fee for services.

306-244-9890

Canadian Mental Health Association

Supports recovery and resiliency through programs and services.

Includes support groups, leisure activities, and vocational counselling.

306-384-9333

saskatoon.cmha.ca

Friends and Relatives of People with Mental Illness

Confidential support for families and friends of people with mental illness.

Organized by the CMHA

306-933-2085 or 306-249-0693

Indigenous Counselling Service

Hope for Wellness is culturally competent counselling offered in English, French, Cree, Ojibway, and Inuktitut.

1-855-242-3310 (24/7)

Wellness Together Canada

Mental health and substance use support. This service provides education, skill building through courses and apps, connection, wellness self-assessment and tracking,

and counselling services by phone or text

Counselling: 1-866-585-0445

Text WELLNESS to 741741

Online Resources



students.usask.ca/wellness

Find USask physical and mental health resources, including wellness workshops (including mental health first aid, resolving conflict, and coping with stress) and self-care.

USask uSafe app

USask safety app features emergency contacts, safety tips, personal safety tools, virtual SafeWalk and more.

headsupguys.org

Health Strategies for managing and preventing depression, for men. Includes information on how to evaluate your own symptoms, advocate for yourself within the healthcare system, and build

resiliency.

7cups.com

A website and app that offers trained listening to those experiencing emotional distress. They have 180 professional therapists and over 300,000 trained listeners.

Urgent crisis assistance (24/7)

Seek help immediately if, at any time, thoughts of death or suicide are accompanied by:

- a fear that you will hurt yourself
- securing a means to self-harm (e.g. finding pills or a gun) and/or a plan for suicide

Urgent assistance

- Call 9-1-1
- Ask a trusted friend or family member to take you to the hospital
- Royal University Hospital
Emergency Room: 103 Hospital Drive
- Saskatchewan Health line: 811
- Saskatoon Mobile Crisis: 306-933-6200

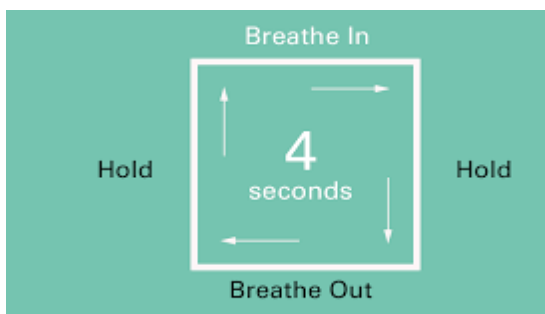
- Saskatoon Sexual Assault Crisis
Line: 306-244-2224
- Crisis Services Canada: 1-833-456-4566
- Crisis text line: Text HOME to
686868

About mental wellness

Maintaining our mental wellness means finding a balance in all areas of our lives. This includes physical, social, personal, emotional, work/financial, academic, and spiritual aspects.

Reaching a balance is an ongoing process. It is important to take time to think about mental wellness.

Consider the demands or stresses you are facing and how they are affecting you. Give yourself permission to take a break from your worries and concerns. Recognize that dedicating even a short time every day to your own mental wellness will reap significant benefits in terms of feeling rejuvenated and more confident.



The Breathing Box: Repeat the instructions above for a count of 1-2 minutes (Cho et al., 2016). By consistently utilizing the Breathing Box technique, research shows that it can help reduce chronic or acute stress and anxiety and can also lower your cortisol levels – stress hormone (Ahmed et al., 2021).

Self-Reflecting Questions

1. Overall, how would you rate your mental health?
2. Are you going through a tough emotional situation?
 - If so, explain.
3. What do you notice when you are involved in emotional or high stress situations?
4. If you could explain to someone who's never felt anxiety, depression, or hopelessness, what would you tell them?
5. In the last month have you asked for help or for someone to just listen to you?
 - If so, what was their response?
 - If not, why?

You're Not Alone

A 2019 survey of 54 Canadian Universities (including USask) found that...

- 88% of students felt **overwhelmed**
- 63% of students felt **hopeless**
- 59% of students found **academics traumatic or very difficult to handle**

What are students saying?

Amanda – “After using the Breathing Box consistently for two weeks whenever I felt anxious, I felt that I was better equipped with handling my triggers.”

Thatcher – “When I first arrived at Usask I felt alone. I moved all the way from Golden, BC and didn't know anyone. When I realized I needed to talk to someone I emailed the Student Wellness Center and was given so many valuable resources. Such as Online Therapy Unit and Counsellor-in-Residence (CIR).”

Chukwudi - “Coming to Canada from another country can be very hard. Luckily, Usask and the Student Wellness Center provided me with so many resources to feel at home, which lead to me being able to

experience less stress, anxiety, and loneliness while at university. This wouldn't have been possible without the amazing folks down at the Saskatoon Open Door Society. Thank you for welcoming me."

Aylen – "In Cree my name translates to "A clear individual; happiness." However, I was not a clear individual or happy when I moved to Saskatoon for university. I was scared, nervous, and crippled by loneliness. Until one day when I called my nistês (older brother) he informed me of the Student Wellness Center and how they have contacts with the Aboriginal Students' Centre (ASC) and Indigenous Counselling Services. He recommended that I walk to the Student Wellness Center to inquire about these programs. Don't tell him I said this, but he was right and I'm glad I did. It saved me and allowed me to express my name with pride and honour."

2022