Mental Health Resource Toolkit

Support pathways and non-medication options to help manage depression, anxiety, and other mental health conditions

Suicide Risk Assessment: Just Ask. You can save a life.
Columbia-Suicide Severity Rating Scale (C-SSRS)

Always ask questions 1 and 2.	Past Month
1) Have you wished you were dead or wished you could go to sleep and not wake up?	
2) Have you actually had any thoughts about killing yourself?	
If **YES** to 2, ask questions 3, 4, 5 and 6. If **NO** to 2, skip to question 6.	
3) Have you been thinking about how you might do this?	
4) Have you had these thoughts and had some intention of acting on them?	**High Risk**
5) Have you started to work out or worked out the details of how to kill yourself? Did you intend to carry out this plan?	**High Risk**
Always Ask Question 6	**Life-time** / **Past 3 Months**
6) Have you done anything, started to do anything, or prepared to do anything to end your life? *Examples*: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.	**High Risk**

The Columbia Lighthouse Project
https://cssrs.columbia.edu

Any YES indicates that someone should seek behavioral health care.

However, if the answer to 4, 5, or 6 is YES,

Call 911 or go to the emergency room

Download Columbia Protocol app

Crisis support:

Call 9-1-1 Emergency line if you or someone else is at immediate risk of harm

- **Canadian Suicide Crisis Helpline** – 24/7 access to support in English or French
  - Call or text: 9-8-8, visit: https://988.ca/
- **Call 8-1-1 Healthline Saskatchewan**
  - Confidential, 24/7 health, mental health, and addictions advice, education, and support telephone line. Staffed by experienced and specially trained Registered Nurses, Registered Psychiatric Nurses, and Registered Social Workers
- **Call 2-1-1 Saskatchewan** or visit https://sk.211.ca/
  - Confidential, 24/7 service that connects individuals to human services in the province by telephone, text, or web chat. Plus, a searchable website with over 6,000 listings of services
  - Find mobile crisis services near you: https://sk.211.ca/emergency-crisis-hotlines/
  - Offers **Farm Stress Line** for supporting farmers and ranchers: 1-800-667-4442
- Find and visit the **nearest mental health facility** in Saskatchewan:
  - https://www.saskatchewan.ca/residents/health/accessing-health-care-services/health-care-facilities
- **Hope for Wellness Helpline** for **Indigenous Peoples** in Canada
  - Upon request, phone support can be provided in English, French, Cree, Ojibway, and Inuktitut.
  - Phone: 1-855-242-3310; Chat: www.hopeforwellness.ca
- **Indian Residential Schools Crisis Line**: 1-800-721-0066

EDUCATION, INFORMATION, AND PEER SUPPORT

Depression 101 Course | DEPRESSION *A guide to depression for patients (including youth) or caregivers by the Centre for Addiction and Mental Health (CAMH).*	FREE online course; approx. 20 min to complete https://moodle8.camhx.ca/moodle/course/view.php?id=10
Your Journey with Mental Illness | DEPRESSION, ANXIETY, & MORE *Information on understanding and navigating a mental illness diagnosis by the National Alliance on Mental Illness (NAMI).*	FREE written educational materials, printable https://nami.org/Your-Journey/Individuals-with-Mental-Illness
Here to Help BC | DEPRESSION, ANXIETY, & MORE *Mental health and substance use info. (Q&A, personal stories, education, supports)*	FREE resource library, printable sheets https://www.heretohelp.bc.ca/
Canadian Coalition for Seniors' Mental Health | DEPRESSION, ANXIETY, & MORE *Information, resources, and guidelines focused on older adults.*	FREE resource library, printable sheets https://ccsmh.ca/areas-of-focus/#
Canadian Mental Health Association (CMHA) | DEPRESSION, ANXIETY, & MORE *In-person and virtual support groups through local CMHA locations.* e.g. Saskatoon, SK: McKerracher Centre Recovery Program support and social groups	FREE, various support group options https://cmha.ca/find-help/find-cmha-in-your-area/ 2302 Arlington Ave, Phone: 306-655-4590
Canadian Red Cross Friendly Calls Program | DEPRESSION, ANXIETY, & MORE *Match with trained volunteers who will provide regular check-in calls, support, & resources.*	FREE (18+), access nationwide; call 1-833-979-9779 https://www.redcross.ca/how-we-help/community-health-services-in-canada/friendly-calls-program
The Blue Dot Project | POSTPARTUM DEPRESSION, ANXIETY, & MORE *Resources and peer-support focused on perinatal mental health.*	FREE, various online support group options https://www.thebluedotproject.org/get-help
Talking Stick App | DEPRESSION, ANXIETY, & MORE *Confidential, texting-based peer support for Indigenous Canadians.*	FREE (from Federation of Sovereign Indigenous Nations) https://my.talkingstick.app/#/guest/home

GUIDED SELF-HELP

Acceptance and Commitment Therapy | DEPRESSION, ANXIETY, & MORE *ACT Mindfully by Russ Harris - AUS/NZ* *Workshops and resources for psychological therapy; books, media, and worksheets.*	FREE printable worksheets; PAID workshops; app companion $1.29/month or $12.99 lifetime https://www.actmindfully.com.au/
Headspace Meditation | GENERAL WELLNESS *Application/website guided meditation therapy for mindfulness, sleep, and stress.*	Guided practices and supporting info ($17.99 CAD/month or $89.99/year) https://www.headspace.com/
Three Good Things Practice | GENERAL WELLNESS *Guided, science-based practices for a meaningful life by the Greater Good Science Center at UC Berkeley.*	FREE membership (access to courses, articles, webinars, events, podcasts) https://ggia.berkeley.edu/

PROFESSIONAL COUNSELLING

Find a counsellor | DEPRESSION, ANXIETY, & MORE *Find a counsellor by searching "counsellor" or "therapist" near me on Google/maps.*	PAID services https://sk.211.ca/ https://www.psychologytoday.com/ca/therapists/saskatchewan
Counselling Connect Sask | DEPRESSION, ANXIETY, & MORE *Rapid Access Counselling Program delivered through a partnership of member agencies in communities across SK. Request in-person or virtual appointments.*	FREE (from Saskatchewan Health Authority, 6+ years) https://www.counsellingconnectsask.ca/
Kids Help Phone | DEPRESSION, ANXIETY, & MORE *Information, skill-building, crisis support, and virtual counselling.*	FREE, call 1-800-668-6868, text 686868, or chat online. https://kidshelpphone.ca/
Affordable Therapy Network Canada | DEPRESSION, ANXIETY, & MORE *Online database of therapists across Canada offering low cost and sliding scale access to virtual counselling. Select provinces also offer in-person appointments.*	PAID service (low-cost options available) https://affordabletherapynetwork.com/online-therapists/
MindBeacon | DEPRESSION, ANXIETY, & MORE *Access to virtual counselling visits with social workers, psychotherapists, or psychologists.*	PAID services: Social Workers, Psychotherapists ($130/hr), Psychologists ($195/hr), for Canadians 16+ https://www.mindbeacon.com/live-sessions

STRUCTURED PSYCHOTHERAPY

**Evidence-based cognitive behavioural therapy (CBT) options available*

***Referral to a psychologist** | DEPRESSION, ANXIETY, & MORE *Ask for a referral through your family doctor or other medical provider(s).*	PAID services
***CBT Online with Wellbeing Program** | DEPRESSION, ANXIETY, & MORE *Online, therapist-assisted course to work through CBT techniques for depression or anxiety (requires self-motivation; evidence-based and can be very helpful).*	FREE (Saskatchewan residents 18+) online course https://www.onlinetherapyuser.ca/wellbeing-program
***BounceBack by Bell – Let's Talk** | DEPRESSION & ANXIETY *Skill-building program designed to help manage mild to moderate depression and anxiety symptoms. Delivered over the phone with a coach and through online videos.*	FREE, self-guided program with regular calls with coach (~20min every 2-3 weeks) (13+ years) https://bounceback.cmha.ca/welcome/
***Aroha Pride** | DEPRESSION, ANXIETY, & MORE *Professional virtual mental health counselling specializing in queer-affirming therapies for clients in AB, MB, SK, ONT, BC, and NS.*	PAID services (reduced rate/sliding scale available), https://aroha.ca/
***MindBeacon** | DEPRESSION, ANXIETY, & MORE *Therapist-guided, online CBT courses available to Canadians.*	$525 CAD per 12 week program (Canadians 16+ years) https://www.mindbeacon.com/guided-cbt-programs
***Moodgym** | DEPRESSION & ANXIETY *Five interactive, online modules that provide training in CBT, facilitate worksheets, and give personalized feedback (designed for mild depression/anxiety).*	~$40 CAD/year https://moodgym.com.au/
***Centre for Mindfulness** | DEPRESSION, ANXIETY, & MORE *Offers a variety of meditations based in mindfulness CBT techniques.*	FREE app; PAID online learning programs available https://www.mindfulnessstudies.com/personal/online-programs/
***Taming Worry Dragons** | ANXIETY *CBT-based manuals and workbooks for children, teens, and parents.*	$10-25/book https://twd.keltymentalhealth.ca/
Dialectical Behavior Therapy (DBT) Online | DEPRESSION, ANXIETY, & MORE *Four online modules focusing on mindfulness, distress tolerance, emotional regulation, and interpersonal skills. Incorporates and adds to many CBT core principles.*	FREE online modules and worksheets https://dialecticalbehaviortherapy.com/
Cognitive Behavioural Therapy for Insomnia (CBT-I) | INSOMNIA **My Sleep Well: education, resources, online modules, and other tools for insomnia.* **CBT-I program from the Medication Assessment Centre at the U of S.*	FREE online resources: https://mysleepwell.ca/ PAID therapist-guided program ($120 initial, $60 per f/u): https://pharmacy-nutrition.usask.ca/mac/sleepclinic.php
***Psychology Training Clinic** | DEPRESSION, ANXIETY, & MORE *Affordable in-person and online mental health services delivered by master's and PhD Clinical Psychology Program students at the University of Regina.*	PAID (reduced rates available), any age (depending on psychologist availability), for in-province SK residents https://www.uregina.ca/arts/psychology/psyc-training-clinic.html

OTHER

PODCASTS
- https://www.careclinicmd.com/blog/top-mental-health-podcasts-to-listen-to-in-2025/
- https://www.choosingtherapy.com/depression-podcasts/

APPLICATIONS

MoodFX: interactive mood tracking application.
https://moodfx.ca/About-Us

BOOKS
- https://www.healthline.com/health/depression/best-books-depression
- https://markmanson.net/5-books-for-dealing-with-anxiety-and-depression

OTHER STRATEGIES FOR HOLISTIC HEALTH

- **Physical activity**: *30 minutes of moderate-intensity activity 2-3 times per week is an effective first-line treatment for depression. Check out www.exerciseanddepression.ca for more information and a downloadable toolkit to help get started!*
- Try experiencing nature, purposeful activities, healthy eating habits, yoga or other meditation, spirituality and faith communities, cultural engagement, and many others!

***Check out the* RxFiles *Non-Drug Treatment to Improve Mental Health* "Prescription Pad"**

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