

## Support Service Directory for Nipawin & Area

### Emergency & Non-Emergency (Ambulance, Fire, Police, Medical)

Agency / Organization	Contact Information
<b>EMERGENCY – Ambulance, Police, Fire</b>	<b>9-1-1</b>
<b>Healthline</b> *Provides 24-hour Mental Health Support	<b>8-1-1</b>
<b>Saskatchewan Community Resources</b>	<b>2-1-1</b>
<b>Ambulance (Non-Emergency)</b>	Melfort: 306-752-4395 Nipawin: 306-862-2717 Tisdale: 306-873-4559
<b>R.C.M.P. (Non-Emergency)</b>	Melfort: 306-752-6420 Nipawin: 306-862-6270 Tisdale: 306-878-3810
<b>Fire (Non-Emergency)</b>	Melfort: 306-752-5911 Nipawin: 306-862-4000 or Town Office 862 9866 (Nipawin Cell: 306 812 6088) Tisdale: 306-873-4444
<b>Hospital: Emergency &amp; Non-Emergency</b>	Melfort: 306-752-8700 Nipawin: 306-862-4643 Tisdale: 306-873-2621
<b>Medical Clinic (Non-Emergency)</b>	Melfort: 306-752-6330 Nipawin: 306-862-4626 Tisdale: 306-873-4561
<b>MedSask- Medication Information</b>	1-800-667-DIAL (3425) Text: 306-260-3554 Email: <a href="mailto:druginfo@usask.ca">druginfo@usask.ca</a>
<b>Poison Control – Saskatchewan (24 hours)</b>	1-866-454-1212
<b>Public Health</b>	Melfort: 306-752-6310 Nipawin: 306-862-7230 Tisdale: 306-873-8282

## Local Support Programs

Name of Agency	Contact Information	Service
<b>Detox &amp; Inpatient Treatment Information</b>	306-752-8767	Mental Health & Addiction Services (connections through Melfort) <ul style="list-style-type: none"> <li>• Referrals to further resources</li> </ul>
<b>Kids First Program - Nipawin</b>	306-862-6222	Services include: <ul style="list-style-type: none"> <li>• Prenatal referral and support</li> <li>• In-depth family assessment</li> <li>• Home-visiting services</li> <li>• Mental health and addiction services</li> <li>• Early learning and childcare opportunities</li> <li>• Family support opportunities</li> </ul>
<b>Mental Health &amp; Addiction Services (Kelsey Trail Health Region &amp; Saskatchewan Health Authority)</b>	Central Intake: 306-752-8767 Melfort: 306-752-8767 Nipawin: 306-862-9822 Tisdale: 306-873-3760  <a href="https://www.kelseytrailhealth.ca/Programs/MHA/Pages/default.aspx">https://www.kelseytrailhealth.ca/Programs/MHA/Pages/default.aspx</a>	Intake Line (connects to Melfort) Mental Health services include: <ul style="list-style-type: none"> <li>• Local referral and support</li> <li>• Outpatient rehabilitation services</li> <li>• Therapy for victims of abuse</li> <li>• Child &amp; youth service</li> <li>• Behavior management counselling</li> <li>• Therapy for stress, anxiety, depression, phobia</li> <li>• Psychological assessment</li> <li>• Crisis service</li> <li>• Education</li> </ul> Addiction services include: <ul style="list-style-type: none"> <li>• Outpatient counselling to individuals involved in/affected by substance abuse</li> <li>• Problem gambling counselling</li> <li>• Education and prevention programs</li> </ul>
<b>Nipawin &amp; Area Early Years Family Resource Centre</b>	Call: (306) 862 7290 Text: (306) 921 4772  <a href="https://www.nipawinfrcc.ca/">https://www.nipawinfrcc.ca/</a>	The Family Resource Centre offers universal services for all families prenatal to age 5-years in the Nipawin area. <ul style="list-style-type: none"> <li>• Free drop in and play</li> <li>• Parent education sessions</li> <li>• Family literacy</li> <li>• Prenatal supports</li> <li>• Maternal mental health support</li> <li>• Information and referrals to other agencies</li> <li>• Developmental screening</li> <li>• Dolly Parton's Imagination Library</li> <li>• Parent support groups</li> <li>• Summer programming for 3-4 years old children</li> </ul>

<b>Harm Reduction/Connected Care</b> <b>Railway Avenue - Nipawin</b>	(306) 812 9203	<ul style="list-style-type: none"> <li>• Access to safe supplies</li> <li>• Safe and accessible used supplies program</li> <li>• Drug testing for Benzos and Fentanyl</li> <li>• Opioid Replacement Therapy</li> <li>• Take Home Naloxone Kits</li> <li>• Navigation/Case Management to access supports and services</li> <li>• Support for family and friends</li> <li>• Community education</li> </ul>
<b>Alcoholics Anonymous - Nipawin</b>	(306) 862 9501	<ul style="list-style-type: none"> <li>• Meetings in Nipawin Tuesday, Thursday, Saturday at 8:00 p.m. in the Next to Wild Bill's Pizza building</li> </ul>
<b>Nipawin FIRST – Family Intervention Advocate</b> <b>(Service of North East Outreach &amp; Support Services)</b>	(306) 812 8881 (306) 812 6664  Email: <a href="mailto:rpickering@noeoss.ca">rpickering@noeoss.ca</a>	<ul style="list-style-type: none"> <li>• Domestic violence intervention and prevention</li> </ul>

<b>Ministry of Social Services</b>	Saskatchewan Toll Free: 1-866-221-5200 <a href="mailto:socialservicesinquiry@gov.sk.ca">socialservicesinquiry@gov.sk.ca</a> Melfort: 1-800-487-8640 Nipawin: 1-800-487-8594 Tisdale: 1-800-487-8594	<ul style="list-style-type: none"> <li>• Income support</li> <li>• Child and family services</li> <li>• Supports for persons with disabilities</li> <li>• Affordable housing</li> </ul>
<b>Child Protection Services</b>	1-866-719-6164 (Prince Albert/North)	24-hour provincial child protection intake line <ul style="list-style-type: none"> <li>• To report all incidents of suspected, observed, or disclosed child abuse and/or neglect from anywhere within the province</li> </ul>
<b>Northeast Early Childhood Intervention Program (NEECIP)</b>	306-873-3411	Supporting families with pre-school age children experiencing developmental delays
<b>Northeast Newcomer Services</b>	306-873-2672 <a href="http://www.info@northeastnewcomerservices.com">www.info@northeastnewcomerservices.com</a>	Settlement support for newcomers to Canada (including international students)

<b>Northeast Outreach and Support Services (NEOSS)</b>	1-800-611-6349 306-752-9464 <a href="http://www.northeastoutreach.ca">www.northeastoutreach.ca</a>	<ul style="list-style-type: none"> <li>• <b>24-hour crisis line</b></li> <li>• Outreach Counseling services</li> <li>• Emergency Home for children</li> <li>• Transitional housing for Women (and their families)</li> <li>• Women’s Shelter</li> </ul>
<b>Northeast Regional Victim Services</b>	Main office in Tisdale 306-878-3819 <a href="http://www.nervs.ca">www.nervs.ca</a>	Provides confidential support to victims of crime and traumatic events in the Northeast Region <ul style="list-style-type: none"> <li>• Information</li> <li>• Support</li> <li>• Advocacy</li> </ul> Links to other resources
<b>Salvation Army - Nipawin</b>	306-862-5335  <b>Alcoholics Anonymous</b> meetings on Wednesdays at 8:00 p.m (Evelyn Ward (306) 862 9501)	<ul style="list-style-type: none"> <li>• Thrift Store</li> <li>• Emergency clothing</li> <li>• Food Bank</li> <li>• Christmas Hampers</li> <li>• Backpack program</li> <li>• Income Tax return Assistance</li> <li>• Subsidized youth summer camps</li> </ul> On-site community, family, and child services worker
<b>STR8-UP</b>	Saskatoon: 306-244-1771 Prince Albert: 306-763-3001 Email: <a href="mailto:info@str8-up.ca">info@str8-up.ca</a> Website: <a href="http://www.str8-up.ca">www.str8-up.ca</a>	Outreach services, programming and support to those who have lived or are living criminal street lifestyles and who want to make positive changes in their lives
<b>Ministerial Services</b>	<a href="http://www.aplacetobelong.church">www.aplacetobelong.church</a> <a href="http://www.carrotriver.church">www.carrotriver.church</a> <a href="http://www.choiceland.church">www.choiceland.church</a> <a href="http://www.nipawin.church">www.nipawin.church</a>	

# Indigenous Support Services

Agency	Contact Information	Service
<b>First Nations &amp; Inuit Hope for Wellness Helpline</b>	1-855-242-3310 <a href="https://www.hopeforwellness.ca/">https://www.hopeforwellness.ca/</a>	24 hours a day, 7 days a week. Phone and chat counselling is available in English and French. On request, phone counselling is also available in: <ul style="list-style-type: none"> <li>• Cree</li> <li>• Ojibway</li> <li>• Inuktitut</li> </ul>
<b>James Smith Cree Nation Wellness Centre</b>	306-864-2454 <a href="http://www.jamesmithhealthclinic.com/">http://www.jamesmithhealthclinic.com/</a>	<ul style="list-style-type: none"> <li>• Doctor visits</li> <li>• Community health programming</li> <li>• Nutrition support</li> <li>• Dental support</li> <li>• Mental health support</li> <li>• Youth programs</li> </ul>
<b>Kinistin Saulteaux Nation Wellness Centre</b>	306-878-8181 <a href="http://www.ehealth-north.sk.ca/facility.aspx?m=4&amp;facility=102">http://www.ehealth-north.sk.ca/facility.aspx?m=4&amp;facility=102</a>	<ul style="list-style-type: none"> <li>• Doctor visits</li> </ul>
<b>Muskoday First Nation Community Health Centre</b>	306-764-6737 1-866-564-6737 <a href="https://muskodayfn.ca/muskoday">https://muskodayfn.ca/muskoday</a> <a href="https://muskodayfn.ca/muskoday-community-health-center/community-health-center/">https://muskodayfn.ca/muskoday-community-health-center/community-health-center/</a>	<ul style="list-style-type: none"> <li>• Community health education &amp; awareness programs</li> <li>• Tuberculosis support</li> <li>• Home Care</li> <li>• Community Addiction programs</li> <li>• Medical transportation</li> <li>• Child and Family services</li> <li>• Dental Care</li> </ul>
<b>Red Earth Cree Nation Health Centre</b>	(306) 768 3617 <a href="http://www.redearthcreenation.com/health">http://www.redearthcreenation.com/health</a> <a href="http://www.redearthcreenation.com/health-centre.htmlcentre.html">http://www.redearthcreenation.com/health-centre.htmlcentre.html</a>	<ul style="list-style-type: none"> <li>• Physician services</li> <li>• Public health</li> <li>• Telehealth services</li> <li>• Mental Health services</li> <li>• Home Care</li> <li>• Medical Transport</li> <li>• Addiction Services</li> <li>• Dentist</li> <li>• Diabetes Education</li> <li>• Dietitian</li> </ul>
<b>Shoal Lake Cree Nation Health Centre</b>	(306) 768 3457 <a href="https://www.pagc.sk.ca/health/h/programs">https://www.pagc.sk.ca/health/h/programs</a>	<ul style="list-style-type: none"> <li>• Home Care</li> <li>• Medical transport</li> <li>• Mental Health Services</li> <li>• Physician Services</li> <li>• Nurse Practitioner</li> <li>• Maternal / Child health services</li> </ul>
<b>Yellow Quill First Nation Health Centre</b>	306-322-2041 <a href="http://www.ehealth-north.sk.ca/facility.aspx?m=4&amp;facility=107">http://www.ehealth-north.sk.ca/facility.aspx?m=4&amp;facility=107</a>	<ul style="list-style-type: none"> <li>• Doctor visits</li> <li>• Community health programming</li> <li>• Nutrition support</li> <li>• Dental services</li> </ul>

		<ul style="list-style-type: none"> <li>• Mental Health Services</li> <li>• Youth Programs</li> </ul>
<b>Marguerite Riel Center</b>	<p>306-752-4950  <a href="https://margueriterielcentre.com/services">https://margueriterielcentre.com/services</a></p>	<ul style="list-style-type: none"> <li>• Parent &amp; family support programs</li> <li>• Childcare</li> <li>• Community kitchen</li> <li>• Soup kitchen</li> <li>• Emergency food hampers</li> <li>• Community gardens</li> <li>• Court/justice support</li> <li>• Housing support</li> <li>• Life skills</li> <li>• Traditional &amp; cultural teaching</li> <li>• Group programming: anger management, parenting, healing circles, grief and loss, etc.</li> <li>• Youth Programs: gym night, summer activities, cultural teachings, peer support activities.</li> </ul>
<b>Metis Nation Support Lines</b>	<p>Mental Health &amp; Addiction Line – 1 855 671 5638</p> <p>Crisis Line: 1 877 767 7572</p>	<ul style="list-style-type: none"> <li>• Monday to Friday 8:00 a.m. to 4:00 p.m</li> <li>• Crisis line 24/7</li> </ul>
<b>Nipawin Oasis Community Centre</b>	<p>(306) 862 5551  Cell: (306) 276 7548  Email: <a href="mailto:nipoasis1@sasktel.net">nipoasis1@sasktel.net</a>  Website: <a href="http://www.nipawinoasis.com">www.nipawinoasis.com</a></p>	<p>Open Monday to Friday 9 to 5</p> <ul style="list-style-type: none"> <li>• After-school youth programs</li> <li>• Summer reading program</li> <li>• Housing application assistance</li> <li>• Resume Assistance</li> <li>• Income Tax assistance</li> <li>• Addiction &amp; Mental Health referrals and applications</li> <li>• Anger management education</li> <li>• Phone/fax/computer services</li> <li>• Indigenous cultural programs</li> </ul>
<b>PA Friendship Centre</b>	<p>306-764-3431  <a href="https://www.afcs.ca/home.html">https://www.afcs.ca/home.html</a></p>	<p>Providing referrals and counselling for Indigenous People with respect to employment, housing, education, health, and liaison with other community organizations</p>
<b>Prince Albert Grand Council</b> (Red Earth, Shoal Lake, James Smith)	<p>306-953-7200  <a href="https://www.pagc.sk.ca/">https://www.pagc.sk.ca/</a></p>	<ul style="list-style-type: none"> <li>• Agriculture</li> <li>• Child Care</li> <li>• Education</li> <li>• Forestry</li> <li>• Health</li> <li>• Holistic Wellness</li> <li>• Information Technology</li> <li>• Justice</li> <li>• Spiritual Healing</li> <li>• Sports, culture, and recreation</li> </ul>

<b>PAGC Spiritual Healing Lodge</b>	Ph: 306-953 2498 Fax: 306-953-2514 Email: <a href="mailto:shlreception@pagc.net">shlreception@pagc.net</a>  <a href="https://www.pagc.sk.ca/spiritual-healing">https://www.pagc.sk.ca/spiritual-healing</a> <a href="https://www.pagc.sk.ca/spiritual-healing-lodge/lodge/">https://www.pagc.sk.ca/spiritual-healing-lodge/lodge/</a>	12-bed facility which provides accommodation for low-security male inmates and offenders from federal institutions. Programming includes: <ul style="list-style-type: none"> <li>• Weekly sweats</li> <li>• Talking circles</li> <li>• Pipe ceremonies</li> <li>• One-on-ones</li> <li>• Smudging</li> <li>• Traditional parenting</li> <li>• Fire Keepers' teachings</li> <li>• Medicine Wheel teachings</li> <li>• Group addiction counselling, AA, NA &amp; GA</li> <li>• Individual addiction counselling</li> <li>• Men's group</li> <li>• Family Violence Prevention</li> <li>• Parenting skills</li> <li>• Grief &amp; Loss</li> <li>• Safe food handling</li> <li>• Chainsaw safety</li> <li>• Anger Management</li> <li>• Church</li> <li>• Literacy upgrading</li> <li>• Beading</li> <li>• Carving</li> <li>• Drum making</li> <li>• Hide tanning</li> <li>• Drumming &amp; singing</li> <li>• Carpentry projects</li> <li>• Sun Dances</li> <li>• Rain Dances</li> <li>• Round Dances</li> <li>• Pow wows</li> <li>• Fasting</li> <li>• Tipi teachings</li> <li>• Nutrition</li> <li>• STD clinics</li> </ul>
<b>Sakwatamo Lodge Family Treatment Centre</b> (James Smith Cree Nation)	306-864-3631 <a href="https://www.pagc.sk.ca/health/programs">https://www.pagc.sk.ca/health/programs</a> <a href="https://www.pagc.sk.ca/health/programs-and-services/sakwatamo-lodge-3/">https://www.pagc.sk.ca/health/programs-and-services/sakwatamo-lodge-3/</a> <a href="https://www.pagc.sk.ca/health/programs-and-services/sakwatamo-lodge-3/">https://www.pagc.sk.ca/health/programs-and-services/sakwatamo-lodge-3/</a>	Treatment activities with a goal of strengthening First Nations against alcoholism and drug addiction. <ul style="list-style-type: none"> <li>• Alcohol and drug education</li> <li>• Cultural teaching &amp; ceremonies</li> <li>• Family wellness</li> <li>• Individual &amp; group counselling</li> <li>• Family counselling</li> <li>• Traditional crafts</li> <li>• Life skills development</li> <li>• Youth skill development</li> <li>• Child care support</li> </ul>
<b>Saskatoon Tribal Council</b> (MFN, KSN, YQFN)	306-956-6100 <a href="https://www.sktc.sk.ca/programs-services/">https://www.sktc.sk.ca/programs-services/</a>	<ul style="list-style-type: none"> <li>• Economic development</li> <li>• Community health programs: mental health, addictions, maternal child health, nutrition, diabetes, chronic conditions, Indian Residential School programs</li> <li>• Early childhood learning</li> <li>• Environmental health standards</li> <li>• Housing</li> <li>• Justice</li> <li>• Education</li> <li>• Labour force development</li> </ul>
<b>Saulteaux Healing &amp; Wellness Centre</b> (Cote First Nation)	306-542-4110 <a href="http://shwc.ca/">http://shwc.ca/</a>	Addictions in-patient treatment program

## Help Lines and Provincial/National Services

Name of Agency	Contact Information	Service
AA Help Line	Saskatoon: 306-665-6727 Regina: 306-545-9300 <a href="https://www.aa.org/">https://www.aa.org/</a>	24/7 Service support line
Al-Anon and Alateen	306-691-5811	24/7 Service support line
Narcotics Anonymous	1-877-463-3537 <a href="https://www.na.org/">https://www.na.org/</a>	24/7 Service support line
Abuse Line/Sexual Assault Line (Child)	1-800-422-4453	24/7 crisis support line
Acquired Brain Injury Program – Life Without Barriers	1-866-899-9951 306-765-6630 <a href="https://paphr.ca/services/acquired-brain-injury-services">https://paphr.ca/services/acquired-brain-injury-services</a>	Group of programs that assist individuals, families, and communities affected by an acquired brain injury. Provide case management, consultation and education.
Bounce Back Reclaim your health	<a href="https://wellnesstogether.ca/en-CA">https://wellnesstogether.ca/en-CA</a> 1-855-873-0013	Free program from the Canadian Mental Health Association designed to help adults with depression, anxiety, stress or worry
Bridgepoint Centre for Eating Disorders	306-953-2240 <a href="http://www.bridgepointcenter.ca">www.bridgepointcenter.ca</a>	Resource for recovery-based programs for people experiencing disordered eating.
Catholic Family Services	306-922-3202 <a href="https://www.cfspa.ca/">https://www.cfspa.ca/</a>	Counseling services for individuals and families. Provide programming for a variety of topics from parenting to anger management.
C.A.R.E. (Caregiver Affected Recovery Education) Program	1-800-461-5483 <a href="https://sk.cmha.ca/programs-services/care">https://sk.cmha.ca/programs-services/care</a> <a href="https://sk.cmha.ca/programs-services/care-program/program/">https://sk.cmha.ca/programs-services/care-program/program/</a>	A program developed for the Canadian Mental Health Association, Saskatchewan Division Inc. Designed to offer support and education to anyone who provides services and assistance to vulnerable individuals.
Canadian Human Trafficking Hotline	1-833-900-1010	24/7 support line
Child Abuse Line	306-569-2724	24/7 support line
Child Protection Intake Line (Prince Albert – North)	1-866-719-6164	Report all incidents of suspected, observed, or disclosed abuse.



<b>Child Help National Child Abuse Hotline</b>	1-800-422-4453	24/7 support line
<b>Emotions Anonymous Phone Support</b>	306-384-9847 <a href="https://emotionsanonymous.org/">https://emotionsanonymous.org/</a>	Facilitates the efforts of individuals seeking to improve their emotional well-being. Meetings held in-person, over the phone, and virtually.
<b>Farm Stress Line</b>	1-800-667-4442 <a href="http://www.mobilecrisis.ca/farm-stress-line">http://www.mobilecrisis.ca/farm-stress-line</a> <a href="http://www.mobilecrisis.ca/farm-stress-line-rural-saskrural-sask">http://www.mobilecrisis.ca/farm-stress-line-rural-saskrural-sask</a>	Phone service and mobile crisis 24/7 <ul style="list-style-type: none"> <li>• Mental health – stress, depression, suicidal thoughts</li> <li>• Domestic violence</li> <li>• Teen parent conflict</li> <li>• Seniors’ abuse and neglect</li> <li>• Relationships</li> <li>• Parenting</li> <li>• Addiction</li> <li>• Grief</li> <li>• Custody</li> <li>• Child abuse and neglect</li> <li>• Youth issues – school, relationships with peers and parents</li> <li>• Financial</li> </ul>
<b>Gamblers Anonymous</b>	1-855-781-9522	24/7 support line
<b>Kids Help Phone</b>	1-800-668-6868 Text CONNECT to 686868 <a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a>	Phone, text, chat and access resources. Support with any personal challenges including anxiety related to COVID 19
<b>Mental Health Mobile Crisis Team</b>	1-888-429-8167	Short-term crisis management for those in distress
<b>Legal Aid</b>	1-877-424-1907 306-752-6220	Free legal services
<b>My Wellness App</b>	<a href="http://www.mywellness.com">www.mywellness.com</a>	Online support services, self-assessment and personal wellness information via Cumberland College student portal and website
<b>National Crisis Support Line</b>	1-844-751-2133	24/7 support line available to anyone in need of emotional support
<b>Online Therapy</b>	<a href="https://www.onlinetherapyuser.ca/">https://www.onlinetherapyuser.ca/</a>	Contact your campus advisor for more information. Service is free.
<b>Online Therapy Inkblot Therapy</b>	<a href="https://inkblottherapy.com/">https://inkblottherapy.com/</a>	Contact your campus advisor for more information. Service is free.

<b>OUTSaskatoon</b>	306-665-1224 <a href="https://www.outsaskatoon.ca/">https://www.outsaskatoon.ca/</a>	Programs and services address underlying issues which affect the health and welfare of the queer and transgender community by heterosexism, homophobia, biphobia and transphobia.
<b>Prince Albert Children's Haven</b>	306-922-4454	24/7 Emergency Care for Children
<b>Prince Albert Sexual Health Clinic (Access Place)</b>	306-765-6544	<ul style="list-style-type: none"> <li>• Testing for all sexually transmitted infections (STIs)</li> <li>• Rapid HIV testing</li> <li>• Treatment for STIs</li> <li>• Referrals to Hepatitis C &amp; HIV positive care programs</li> <li>• Referrals to addiction programs</li> <li>• Pregnancy testing</li> <li>• Hepatitis A &amp; B immunizations</li> <li>• Free condoms</li> <li>• Educational presentations</li> </ul>
<b>Problem Gambling Help Line</b>	1-800-306-6789 <a href="http://www.spgh.ca/">http://www.spgh.ca/</a>	Gambling addiction help, support and information.
<b>Saskatchewan Drug Information Line</b>	1-800-665-3784 <a href="https://medsask.usask.ca/">https://medsask.usask.ca/</a>	medSask supports appropriate prescribing and medication safety in Saskatchewan by providing accurate, evidence-based information on medications and medication therapy to the general public, healthcare providers, and other stakeholders.
<b>Saskatchewan Emergency Measures Organization</b>	1-306-787-9563	24/7 information and to reach local Saskatchewan Public Safety Agency contacts
<b>Saskatchewan Environment Spill Report Centre</b>	1-800-667-7525	24/7 – Spill Control Centre
<b>Saskatchewan HIV/AIDS Hotline</b>	1-800-667-6876	<p>Call if:</p> <ul style="list-style-type: none"> <li>• You have questions about HIV/AIDS</li> <li>• You think you may be infected</li> </ul> <p>You would like to arrange for testing</p>

<b>Schizophrenia Society of Saskatchewan</b>	1-877-584-2620 <a href="https://www.schizophrenia.sk.ca/">https://www.schizophrenia.sk.ca/</a>	Support for people affected by schizophrenia and psychosis. <ul style="list-style-type: none"> <li>• Education</li> <li>• Resources</li> <li>• Public policy</li> <li>• Research</li> <li>• Programming</li> </ul>
<b>Sexual Assault Services of Saskatchewan</b>	306-526-8776 Email: admin.sass@sasktel.net <a href="http://sassk.ca/">http://sassk.ca/</a>	A provincial non-profit organization that works collectively with front-line agencies, community partners, and governments. <ul style="list-style-type: none"> <li>• Support and advocacy for those affected by sexual violence</li> <li>• Database of contact information for agencies in Saskatchewan that offer sexual assault counseling and support</li> <li>• Blog and resources</li> </ul>
<b>Sex Addicts Anonymous</b>	1-800-477-8191	24/7 Support Services
<b>Smokers' Helpline</b>	1-877-513-5333	24/7 Support Services
<b>Suicide Prevention Lifeline</b>	1-800-273-8255 <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>	Lifeline provides 24/6 free and confidential support for people in distress. Prevention and crisis resources for you or your loved ones, and best practice professionals.
<b>Straight to the Point Harm Reduction Program</b> (Prince Albert)	306-765-6533 <a href="https://paphr.ca/hospitals-clinic-locations/primary-care-walk-in-clinics/sexual-health-clinic-access-place">https://paphr.ca/hospitals-clinic-locations/primary-care-walk-in-clinics/sexual-health-clinic-access-place</a> <a href="https://paphr.ca/hospitals-clinic-locations/primary-care-walk-in-clinics/sexual-health-clinic-access-place">https://paphr.ca/hospitals-clinic-locations/primary-care-walk-in-clinics/sexual-health-clinic-access-place</a>	<ul style="list-style-type: none"> <li>• Regional needle exchange program</li> <li>• Referrals to Hepatitis C &amp; HIV Program, sexual health clinic, nurse practitioner, addiction programs, detox, methadone program, etc.</li> <li>• Educational presentations</li> <li>• Community retrieval of publicly discarded needles</li> </ul>
<b>Take Home Naloxone Kits</b> (Prince Albert)	306-765-6542 <a href="https://paphr.ca/hospitals-clinic-locations/primary-care-walk-in-clinics/sexual-health-clinic-access-place">https://paphr.ca/hospitals-clinic-locations/primary-care-walk-in-clinics/sexual-health-clinic-access-place</a> <a href="https://paphr.ca/hospitals-clinic-locations/primary-care-walk-in-clinics/sexual-health-clinic-access-place">https://paphr.ca/hospitals-clinic-locations/primary-care-walk-in-clinics/sexual-health-clinic-access-place</a>	Prevent, recognize, and respond to an opioid overdose. <ul style="list-style-type: none"> <li>• Take home naloxone kits</li> <li>• Training</li> </ul>

<b>Trans Lifeline</b>	1-877-565-8860 <a href="https://translifeline.org/">https://translifeline.org/</a>	24/7 Support Services Trans-led organization that connects trans people to community, support and resources.
<b>Wellness Together Canada</b>	<a href="https://wellnesstogether.ca/en-CA">https://wellnesstogether.ca/en-CA</a> 1-866-585-0445 (Adults) 1-888-668-6810 (Youth) Text (SMS) <b>WELLNESS</b> to <b>741741</b>	24/7 mental health and substance support Free live counselling
<b>Young Offenders</b>	1-877-862-1850	

## Websites

<b>Name of Website</b>	<b>Link</b>	<b>Description</b>
<b>211 Saskatchewan</b>	<a href="https://sk.211.ca/">https://sk.211.ca/</a>	Links to SK based crisis lines
<b>Bell Let's Talk</b>	<a href="https://wellcan.ca/">https://wellcan.ca/</a> <a href="https://letstalk.bell.ca/en/">https://letstalk.bell.ca/en/</a>	An online and in-app collection of resources available to all Canadians. WellCan offers easy access to an extensive range of free resources to support your mental health amid the COVID-19 crisis.
<b>Coronavirus Response Information Hub</b>	<a href="https://coronavirus-response-blackgold.hub.arcgis.com/gold.hub.arcgis.com/">https://coronavirus-response-blackgold.hub.arcgis.com/gold.hub.arcgis.com/</a>	<ul style="list-style-type: none"> <li>• Global Statistics</li> <li>• Canadian Specific Statistics</li> <li>• Symptoms of COVID-19</li> <li>• Prevention &amp; Protection Strategies</li> <li>• What to do if you sick?</li> <li>• Local Resources</li> <li>• Interesting News Articles 'Mapping the Novel Coronavirus Outbreak'</li> <li>• Alberta Health Services, Saskatchewan Health Authority &amp; BC Provincial Health Authority Latest Information through tweets.</li> <li>• CDC and various Canadian Health Resources</li> <li>• National / Global Resources</li> <li>• FAQ's of COVID-19</li> </ul>
<b>Greater Good Magazine</b>	<a href="https://greatergood.berkeley.edu/education">https://greatergood.berkeley.edu/education</a>	Greater Good magazine provides resources to help you find resilience in these uncertain times, and you can subscribe to a happiness calendar of daily suggestions to practice gratitude.

## Guides/Handbooks

Name of Guide	Link or source	Description
Surviving to Thriving: Developing Personal and Academic Resilience	<a href="https://www.healthycampusalberta.ca/wp-content/uploads/2019/08/From_Surviving_to_Thriving_ENhttps://www.healthycampusalberta.ca/wp-content/uploads/2019/08/From_Surviving_to_Thriving_EN-2.pdf?mc_cid=09df6f234f&amp;mc_eid=658f0e5c832.pdf?mc_cid=09df6f234f&amp;mc_eid=658f0e5c83">https://www.healthycampusalberta.ca/wp-content/uploads/2019/08/From_Surviving_to_Thriving_ENhttps://www.healthycampusalberta.ca/wp-content/uploads/2019/08/From_Surviving_to_Thriving_EN-2.pdf?mc_cid=09df6f234f&amp;mc_eid=658f0e5c832.pdf?mc_cid=09df6f234f&amp;mc_eid=658f0e5c83</a>	Handbook to help students address anxiety and stressors of a pandemic.
COVID and Harm Reduction and COVID 19 Manual for vulnerable populations	<i>Amanda Galambos</i> HIV Primary Care Capacity Program Coordinator 306-952-4530 <a href="http://www.sidcn.ca">www.sidcn.ca</a>	COVID-19 & Harm Reduction - PRACTICE SAFER DRUG USE TO PREVENT COVID-19 /CORONAVIRUS  COVID-19 Manual for Vulnerable Populations
Coronavirus Anxiety: Coping with Stress, Fear, and Uncertainty	<a href="https://www.helpguide.org/articles/anxiety/coronavirushttps://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm">https://www.helpguide.org/articles/anxiety/coronavirushttps://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm</a>	Self-help guide for those feeling stress and anxiety
Coronavirus Anxiety Workbook	<a href="https://www.macanxiety.com/Coronavirus-Anxiety-Workbook-1.pdf">Coronavirus-Anxiety-Workbook-1.pdf (macanxiety.com)</a>	A tool to help you build resilience during difficult times
School Shelf	<a href="http://www.schoolshelf.com/985078-cumberland/">http://www.schoolshelf.com/985078-cumberland/</a>	Provides a variety of resources for Cumberland College students on topics from study skills to managing stress and mental health.

## Webinars

Webinar	Link or source	Description
CTRI – Crisis and Trauma Resource Institute	<a href="https://ca.ctrinstitute.com/freehttps://medsask.usask.ca/webinar/">https://ca.ctrinstitute.com/freehttps://medsask.usask.ca/webinar/</a>	Each month a free webinar is offered on a variety of topics from supporting people through grief and loss, mental health support, and trauma awareness.

## Nipawin Churches

<p><b>Nipawin Apostolic Church (a place to BELONG)</b></p> <p>109 4<sup>th</sup> Ave East, Nipawin</p>	<p>(306)862 4342</p> <p><a href="mailto:pastor@nipawin.church">pastor@nipawin.church</a></p> <p><a href="http://www.nipawin.church">www.nipawin.church</a> <a href="http://www.aplacetobelong.church">www.aplacetobelong.church</a></p> <p><a href="http://www.facebook.com/nipawin.church">www.facebook.com/nipawin.church</a></p>
<p><b>Nipawin Holiness Church</b></p> <p>109 9<sup>th</sup> Ave East, Nipawin</p>	<p>(306) 862 4267</p> <p><a href="mailto:spwood@hotmail.com">spwood@hotmail.com</a></p> <p><a href="https://www.facebook.com/watch/Nipawin-Holiness-Church-321353758367545/">https://www.facebook.com/watch/Nipawin-Holiness-Church-321353758367545/</a></p>
<p><b>Nipawin Alliance Church</b></p> <p>701 Shultz Road, Nipawin</p>	<p>(306) 862 5211</p> <p><a href="mailto:nipawinalliance@gmail.com">nipawinalliance@gmail.com</a></p> <p><a href="http://www.nipawinalliance.org">www.nipawinalliance.org</a></p> <p><a href="https://www.facebook.com/NipawinAllianceChurch">https://www.facebook.com/NipawinAllianceChurch</a></p>
<p><b>Emmanuel Baptist Church</b></p> <p>103 Tindall Ave, Nipawin</p>	<p>(306) 862 3976</p> <p><a href="mailto:office@ebcnipawin.ca">office@ebcnipawin.ca</a></p> <p><a href="http://www.ebcnipawin.ca">www.ebcnipawin.ca</a></p>
<p><b>Healing Hearts Church Nipawin</b></p> <p>403 7<sup>th</sup> Ave West, Nipawin</p>	<p>(306) 812 8770</p> <p><a href="https://www.facebook.com/HHchurchNipawin/">https://www.facebook.com/HHchurchNipawin/</a></p>
<p><b>Nipawin United Church</b></p> <p>234 Centre Street, Nipawin</p>	<p>(306) 862 4108</p> <p><a href="mailto:bwminister@sasktel.net">bwminister@sasktel.net</a></p> <p><a href="http://www.bridgingwaters.ca">www.bridgingwaters.ca</a></p>
<p><b>St. Eugene Roman Catholic Church</b></p> <p>406 Nipawin Road East, Nipawin</p>	<p>(306) 862 4373</p> <p><a href="mailto:steugene@sasktel.net">steugene@sasktel.net</a></p> <p><a href="https://www.facebook.com/StEugene-Roman-Catholic-Parish-Nipawin-SK-2131570960209347/">https://www.facebook.com/StEugene-Roman-Catholic-Parish-Nipawin-SK-2131570960209347/</a></p>
<p><b>Zion Lutheran Church</b></p> <p>315 Centre Street, Nipawin</p>	<p>(306) 862 4283</p>
<p><b>St. John's Anglican Church</b></p> <p>301 Centre Street, Nipawin</p>	<p>(306) 862 4112</p>

<b>Grace and Light Baptist Church</b> 205 6 <sup>th</sup> Ave East, Nipawin	(306) 812 9533 <a href="mailto:graceandlightbc@gmail.com">graceandlightbc@gmail.com</a> <a href="http://www.graceandlightbaptist.com">www.graceandlightbaptist.com</a> <a href="https://www.facebook.com/Grace-and-Light-Baptist-Church-109861540663321">www.facebook.com/Grace-and-Light-Baptist-Church-109861540663321</a>
<b>The Salvation Army Nipawin</b> 714 8 <sup>th</sup> Street West, Nipawin	(306) 862 5335 <a href="mailto:ken.green@salvationarmy.ca">ken.green@salvationarmy.ca</a> <a href="http://www.salvationarmy.ca">www.salvationarmy.ca</a> <a href="https://www.facebook.com/The-Salvation-Army-Nipawin-942216679208912">www.facebook.com/The-Salvation-Army-Nipawin-942216679208912</a>