

Mental Wellness Resources



Healthline 8-1-1 is a 24/7 free resource for non-emergency support, and is able to direct people to local mental health and psychological supports.

Mental health clinics are located in Yorkton, Regina, Weyburn, Moose Jaw, Swift Current, Saskatoon, North Battleford, and Prince Albert.



<https://sk.211.ca/>

Click on Mental Health and Addictions, enter your location and select Counselling.

The Psychology Department at the University of Regina offers psychological services to eligible individuals by a PhD student in Clinical Psychology under close supervision of registered doctoral psychologists for a fee of \$20 per session. Details can be found at:

<https://www.uregina.ca/arts/psychology/programs/graduate-programs/clinical-programs/training-clinic.html>

Online resources



- Coping Strategies: <http://www.ptsdassociation.com/coping-strategies-1/>
 - Helpful Videos: <http://www.ptsdassociation.com/video/>
 - Links: <http://www.ptsdassociation.com/links/>
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Online self-screening tests for:

- Anxiety
- Depression
- Depression, Anxiety, Stress
- PTSD
- Panic Disorder
- Risky Alcohol Use
- Social Anxiety Disorder

<https://ax1.cipsrt-icrtsp.ca/list?lang=en>

Who takes care of the Caretakers in 2012? (blog)

<http://www.myasd.com/blog/guest-blog-post-who-takes-care-caretakers-2012>

- **Recognising the signs of PTSD and traumatic grief is essential – and we all have a part to play.**
<http://www.suddendeath.org/blog/recognising-the-signs-of-ptsd-and-traumatic-grief-is-essential-and-we-all-have-a-part-to-play-2>
 - **Sudden bereavement: responses and care after a month**
<http://www.suddendeath.org/help-for-professionals/online-guidance/2-uncategorised/83-care>
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- **Workbooks For Posttraumatic Stress Disorder**

- I can't get over it: A handbook for trauma survivors, Second Edition. Matsakis, A. (1996). Oakland, CA: New Harbinger Publications https://www.amazon.ca/Cant-Get-Over-Handbook-Survivors/product-reviews/157224058X/ref=dpx_acr_txt?showViewpoints=1
- The Post-Traumatic Stress Disorder Sourcebook: A Guide to Healing, Recovery, and Growth Paperback – Mar 26 2009 by Glenn Schiraldi
https://www.amazon.ca/The-Post-Traumatic-Stress-Disorder-Sourcebook-A-Guide-to-Healing-Recovery-and-Growth/dp/007161494X/ref=cm_cr_arp_d_rvw_txt?ie=UTF8

Compassion Fatigue

Symptoms of Compassion Fatigue, formerly known as secondary traumatic stress disorder, include:

- Isolation
- Apathy
- Emotional Outbursts
- Substance Abuse
- Sleeplessness/Reoccurring nightmares

Resources

- Supporting Survivors of Suicide Loss – A Guide for Funeral Directors:
<https://thelifelinecanada.ca/wp-content/uploads/2016/09/SMA09-4375.pdf>
- Compassion Fatigue in Funeral Directors - The Roles of Social Support, Training and Self-Care
https://esource.dbs.ie/bitstream/handle/10788/2798/ba_mccormack_ger_2015.pdf?sequence=1

Professional Quality of life Assessment

PROFESSIONAL QUALITY OF LIFE SCALE (PROQOL)
COMPASSION SATISFACTION AND COMPASSION FATIGUE

http://www.proqol.org/uploads/ProQOL_5_English_Self-Score_3-2012.pdf