

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.

Speak with a Community Navigator by:

- Phone: Dial 211 from a landline or cellphone
- Web Chat: [Click Here](#) to start your chat
- Text: Text "Hello" to 211
- Email: [Click Here](#) to submit a community information request
- Out-of-province phone call: Dial 306-751-0397

This service is free, confidential, available 24/7 and multilingual

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/>

CIPSRT
Canadian Institute for Public Safety
Research and Treatment



ICRTSP
Institut canadien de recherche et
de traitement en sécurité publique

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>
-

- **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



WorkSafe Saskatchewan and University of Fredericton offer mental health resources

According to the Canadian Mental Health Association, 1 in 5 people in Canada will personally experience a mental health problem or illness. Mental health is a growing workplace issue that can affect any employee within an organization. That is why WorkSafe SK has partnered with the University of Fredericton to offer anyone living and working in Saskatchewan a **90% discount** on UFred's online **Psychological Health & Safety in the Workplace** programs.

[Click here for more info](#)

[Click here to register](#)

For further information contact

Tammy Brewer | *Business Development Specialist*

University of Fredericton

UFred.ca

371 Queen Street | Suite 400 | Fredericton, NB E3B 1B1

Cell: 506-470-2172

Toll Free: 1-877-454-6232 ext. 227 | International: 506-454-6232 ext. 227 | Fax: 506-455-1675