

MENTAL HEALTH RESOURCES FOR FAMILY CAREGIVERS



PERSONNES AIDANTES

Information on mental illnesses and disorders



Canadian Mental Health Association
Mental health for all
cmha.ca
1-800-461-5483

Where to find support for youth?



Kids Help Phone
Text or chat
1-800-668-6868
kidshelpphone.ca

I need support




C.A.R.E. Program
Support and education on preserving caregiver's mental health

Where to find help for addictions?



Canadian Centre on Substance Use and Addiction
www.ccsa.ca



eMentalHealth.ca
Information and links to regional support



Saskatchewan Health Authority
BU4Youth
Youth-centered information & support
306-655-7777




Saskatchewan Healthline
Dial 811
or click here



Canadian Mental Health Association
Mental health for all
Understanding Substance Use



211 Saskatchewan
Connect to Services You Need
Crisis hotlines
Dial 211



Saskatchewan Healthline
Mental health and addiction services in my community



WELLNESS TOGETHER Canada
Mental Health and Substance Use Support



Saskatchewan Healthline
List of resources offered by Saskatchewan.ca



SAYCW
Saskatchewan Alliance for Youth & Community Well-being



Regroupement Femmes Saskatchewan

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For a comprehensive list of mental health and addictions services near you, [click here](#).