

Saskatoon Mental Health Resources

Emergency Services: 911

Crisis or Help Lines:

- **24/7 Crisis Line Saskatoon:** (306) 933-6200
- **Crisis Services Canada:** 1-833-456-4566 or text 45645
- **Health Line:** 811

Child and Youth Services:

715 Queen Street
Saskatoon, SK S7K 4X4
Phone: 306-655-7802
Hours of Operation: Mon to Fri, 8:00 am to 4:30 pm

Calder Centre

2003 Arlington Avenue
Saskatoon, SK S7J 2H6
Phone: 306-655-4500
Hours of Operation: 24 Hours

Calder Centre Youth Stabilization Unit for Substance Abuse: 306-655-4526

Community Addiction Services (Adult):

Sturdy Stone Building
Suite 156 - 122 3rd Ave. N.
Saskatoon, SK S7K 2H6
Phone: 306-655-7777
Hours of Operation: Mon to Fri, 8:00 am to 12:00 noon, 1:00 pm to 5:00 pm

Community Adult Mental Health Services:

4th floor - 715 Queen Street
Saskatoon, SK S7K 4X4
Phone: 306-655-7777

Counselling Services:

- CFS Saskatoon (free):
(306) 244-7773
List of other organizations with free counselling:
<https://www.cfssaskatoon.sk.ca/services/counselling/no-fee-walk-in-counselling-services-in-the-community/>
- Family Service Saskatoon
(virtual counselling options available):
(306) 244-0127
Email: info@familyservice.sk.ca
Website: <https://familyservice.sk.ca/>

Resources:

- **Saskatoon Crisis Intervention Services:**
<https://saskatooncrisis.ca/>
- **Mental Health Resources Saskatoon (Lots of Crisis numbers):** <https://www.mentalhealthyxe.com/resources>
- **Saskatoon Mental Health Services:**
https://www.saskatoonhealthregion.ca/locations_services/Services/mhas
- **Canadian Mental Health Association: Saskatoon Branch:** <https://saskatoon.cmha.ca/>

