

Resources

Yorkton Emergency
911

Yorkton RCMP (non-emergency)
306.786.2400

Yorkton Ambulance
306.783.3173

Yorkton Fire Department
306.786.1795

Saskatchewan Health Line
811

Suicide Hotline
211

Suicide Prevention Service
Text 741741

Crisis Text Line
Text HOME to 686868

Kamsack RCMP
306.542.5560

Melville RCMP
306.728.1700

Fort Qu'Appelle Community Health Services
306.332.3340

Kamsack Public Health
306.542.4295

Melville Public Health
306.728.7305

Fort Qu'Appelle All Nations Healing Hospital
306.332.5611

Fort Qu'Appelle White Raven Healing Centre
1.866.748.8922 or 306.331.7416

Mental Health and Saskatchewan Addictions
306.786.0558

Yorkton SIGN (Society for the Involvement of Good Neighbours)
306.783.9409

Yorkton Tribal Council
306.782.8130

File Hills Tribal Council
306.332.8200

Saulteaux Healing and Wellness Centre
306.542.4110

New Beginnings Family Resource Centre
306.542.1010

Hope for Wellness Helpline – First Nations
1.855.242.3310

Shelwin House
306.783.7233 or 1.888.783.3111

Safe Haven Shelter
306.782.0676 or 1.877.444.2836

File Hills Safe Shelter
306.332.7233

Bailey's Funeral Home – grief counselling
306.783.7552

Social Services
306.786.1300

Provincial Services Intake Line
1.844.787.3760

National Crisis Hotlines

Kids Help Phone
1.800.668.6868

Crisis Services Canada
1.833.456.4566 or text 45645

First Nations and Inuit Hope for Wellness Help Line
1.855.242.3310

Canada Drug Rehab Addiction Services Directory
1.877.746.1963

National Eating Disorder Information Centre
1.866.633.4220

National Resources for Information about Mental Illness

Bell Let's Talk Canadian Association for Suicide Prevention (not a crisis line)
613.702.4446

Canadian Mental Health Association
416.646.5557

Canadian Psychological Association
1.888.472.0657

Mood Disorders Society of Canada
613.921.5565

Schizophrenia Society of Canada
1.800.263.5545

Mental Health Commission
613.683.3755

Saskatchewan Crisis Hotlines

Saskatoon Crisis Intervention Service
306.933.6200

Mobile Crisis Services
306.757.0127

Saskatchewan Resources Canadian Mental Health Association - Saskatchewan Division
1.800.461.5483