

Wellness Supports for Caregivers

Persons living with mental illness and/or substance use issues often depend on the support of caregivers, who are usually loved ones such as family members and friends. Although these loved ones regularly do a great deal to support these individuals, the support can cause stress and lead to burnout or even mental health/substance use challenges for the caregiver.

It is extremely important for the caregivers of persons living with mental illness/substance use issues to get support when they need it too. This document is intended to be a quick reference for those supports available to caregivers in Saskatchewan.

Crisis and Emergency Services

In an immediate emergency where there's risk of harm to someone **call 9-1-1**.

In a non-emergent crisis, call or text **9-8-8** for suicide and mental health crises.

Mental Health and Addictions Crisis and Emergency Resources

<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services/rapid-access-crisis-and-emergency-resources>



Professional Services

Saskatchewan Health Authority Mental Health and Addictions Services

<https://www.saskhealthauthority.ca/your-health/conditions-illnesses-services-wellness/mental-health-and-addictions/general-access-and-navigation-services/mental-health-and-addictions-intake-services>



Treatment Options for Substance Use

<https://www.saskhealthauthority.ca/your-health/conditions-illnesses-services-wellness/mental-health-and-addictions/addiction-and-substance-use>

Provincial:

**Family Service
Saskatchewan Rapid
Access Counselling**

<https://www.counsellingconnectsask.ca>

**Family Service
partners offer
additional services
across the province.**

<https://www.fssask.ca/>

**Caring Hearts
Support Groups
and Counselling**

306-523-2786
<https://www.caring-heartssk.ca>

**BridgePoint Center for
Eating Disorder Recovery**

306-935-2240
<https://bridgepointcenter.ca/programs/caregiver>

University of Regina Online Therapy

- ♦ Learn ways to support friends and family living with depression or anxiety.
<https://www.onlinetherapyunit.ca/courses/the-how-can-i-help-lesson/>
- ♦ Wellbeing course for new and expecting parents <https://www.onlinetherapyunit.ca/courses/wcnep/>

**Family Support
Network**

306-584-2620
<https://www.schizophrenia.sk.ca>

HealthLine 8-1-1

Call 8-1-1 for advice from health professionals on physical and mental health concerns.

2-1-1

**Saskatchewan
Service Navigation**

Call or text 2-1-1
<http://www.sk.211.ca/>

Professional Services *cont.*

Saskatoon:	Regina:		
Adult Family Program, Community Addictions Services 306-655-7777 (for family members of adults with mental health and addictions concerns)	Family Support Group 306-766-3798 Every Thursday 5:30pm - 6:30pm Regina General Hospital	Mood Disorder Peer Support Group 306-766-3798 Every Thursday 7:00pm - 8:00pm	The Caring Place: Free Couples and Family Counselling 306-347-2273 https://thecaringplace.ca/

Peer Supports

Sask Peer Support Network https://spsn.ca/	Schizophrenia Society of Saskatchewan Provincial Family Support Group 1-877-584-2620 https://www.schizophrenia.sk.ca/programs-and-support/support-group	Caregiver Affected Recovery Education (CARE) 306-525-5601 https://sk.cmha.ca/programs/care-program/
Al-Anon Family Groups https://sk-alanon.ca		
Saskatoon: CMHA Saskatoon Branch Families Matter Support Group https://cmhasaskatoon.ca/programs/support-groups/ Email: familiesmatter@cmhasaskatoon.ca		Friends and Relatives of People with Mental Illness (FROMI) 306-933-2085 or 306-220-7748 Email fromisk@gmail.com

Other Resources

Professional Mental Health Support https://www.saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services/mental-health-support/seeking-professional-help	Alcohol and Drug Addiction Resources https://www.saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services/alcohol-and-drug-support/alcohol-drug-and-addictions-resources	
Canadian Mental Health Association – Help for Family Members https://cmhasaskatoon.ca/find-help/for-family-members/	Mental Health Commission of Canada – Support for Caregivers https://mentalhealthcommission.ca/what-we-do/caregiving/	Canadian Centre for Caregiving Excellence – Supporting Caregivers https://canadiancaregiving.org/