

Free, confidential wellness support for youth in Saskatchewan



Kids Help Phone's e-mental health services are open 24/7 to support young people in Saskatchewan — and across Canada — with their mental, emotional, spiritual and physical well-being. Here's how you can connect with Kids Help Phone for support at any time:

FOR YOUTH

Indigenous people can connect with an Indigenous volunteer crisis responder when available by messaging FIRST NATIONS, INUIT or METIS over text.

Text SUPPORT to 686868

Call 1-800-668-6868 to speak with a professional counsellor

Talk with other youth at KidsHelpPhone.ca/PeerToPeer

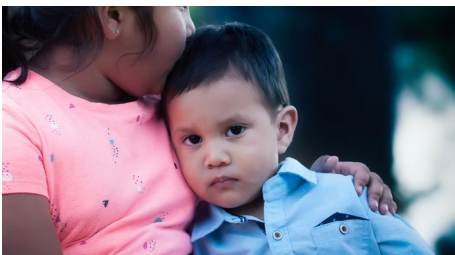
FOR ADULTS

Text SUPPORT to 741741

Visit WellnessTogether.ca for mental health and substance use support.

For mental health tips, resources and support, you can visit KidsHelpPhone.ca.

You can also click on the images below to explore information, self-guided tools and community supports in Canada. Because you're not alone.



Trauma: What it is and how to cope



Coping with tragedy



I'm grieving a loss. How can I process & get support?



Calm your anxiety with this glowing fire body scan

An activity available in multiple languages, including ᓂᐱᓐᓂᓐ Nēhiyawēwin (Plains Cree)



I've experienced racism — where can I find support?



Taking Care of Ourselves, Our Families and Our Communities

An article from our friends at the Government of Canada