

Thank you for checking out our wellness page!

## [Alanon and Alateen](#)

- Al-Anon members are people, just like you, who are worried about someone with a drinking problem

## [Alcoholics Anonymous](#)

- Have a problem with alcohol? There is a solution.

## [Canadian Mental Health BounceBack®](#)

- Are you feeling low, stressed and/or anxious? 1-855-873-0013

## [Canadian Suicide Prevention Service](#)

- 1-833-456-4566 (24/7/365) or text 45645

## [Envision Counselling & Support Centre Inc.](#)

- Rapid Access Counselling: Sessions are 1 Hour, FREE and are available in-person, virtually or over the phone.

## [Free Credit Counselling](#)

- Free Credit Counselling, Bankruptcy Help & Debt Consolidation Options

## [Family Service Saskatchewan's Rapid Access Counselling Program](#)

- Helping people find the right support in times of need through free access to rapid access counselling sessions. This service is available to children, youth, adults and families in Sask.

## [Healthy Campus Saskatchewan](#)

- Provides a list of hotline and contact numbers for individuals experiencing mental distress or unrest

## [Hope for Wellness Helpline](#)

- 1-855-242-3310 offers immediate support to Indigenous people across Canada

## [Kids Help Phone](#) (for ages 5-20): 1-800-668-6868

- Features online resources, urgent help, and valuable information

## [Lumeca](#) Virtual Care

## [Mobile Crisis Services | Saskatchewan | Mental Health Helpline 24/7 helplines](#)

## [Narcotics Anonymous](#)

## [One Mind](#)

- Explore mental health resources

## [Home | Online Therapy Unit \(onlinetherapyuser.ca\)](#)

- Provides several FREE services including urgent care resources and preventative measures and educational resources

## [Wellness Together Canada | Home Mental Health and Substance Use Support](#)

- Mental health and substance use support for people in Canada and Canadians abroad. Always free and virtual, 24/7.