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| C:\Users\carole.butcher\Downloads\SunWest_Logo-03 (1).png | Wellness Supports |

* **Employee Supports found on the Sun West SD website:** <https://www.sunwestsd.ca/staff/employee-benefits>
* Sun West Support Staff Employee Assistance Plan – 1-866-644-0326
* STF Members Assistance Family Plan – 1-833-485-4245

**Additional Supports:**

* Saskatchewan Health Authority Health Line 811
* Saskatchewan Health Authority intake line for mental health and addictions counseling and support – 1-866-268-9139
* CMHA (Canadian mental Health Association) Rosetown Branch - 306-882-1232
* Canadian Mental Health Free Support Meetings (Depression, Anxiety, Schizophrenia) Call for Zoom meeting dates - 306-270-9181
* West Central Crisis Centre 1-306-463-6655
* Mobile Crisis Services: free crisis counseling and referrals
  + Crisis Help Line: 306-933-6200
  + Crisis Suicide Helpline: 306-525-5333
  + Child Abuse Line: 306-569-2724
* Crisis Text Line: Text HOME to 686868
* Family Service Saskatoon is committed to Community Health and Well-being and still offering clinics at the following locations:
  + Family Service Saskatoon: Tuesdays and Thursdays, 1:00pm – 5:00pm
  + Legends Medical Clinic (Warman): Tuesdays, 9:00am – 1:00pm
  + Mayfair Drugs: 3rd and 4th Wednesdays of each month, 9:00 am to 12:00 pm
  + Martensville Collective Health & Wellness: Thursdays, 8:30am – 12:30pm
  + Note that the last appointment slot begins one hour before the closing time given. If you have any questions, they can be reached at (306) 244 – 0127.
* Catholic Family Services Saskatoon 306-244-7773
* Saskatchewan Social Services income assistance Program – 1-866-221-5200
* Crisis Services Canada – Suicide Prevention and Support – 24/7 Hour 1-833-456-4566
* Online Peer Support: peer support from around the world
  + 7 Cups of Tea: [www.7cupsoftea.com](http://www.7cupsoftea.com)
  + The Big White Wall: <https://www.bigwhitewall.com/>