

## Resources for Mental Health Needs

Have you ever had patients requesting referral for psychotherapy or wanting to be treated for their mental health needs but don't know where to start? Did you know of ways to help them? Patients have access to numerous services for mental health disorders.

Services available through the Saskatoon Health Region:

- Mental Health and Addiction Services – Centralized Intake Line: **306-655-7777**
- Visit the [Saskatoon Health Region website](#) for more information
- [List of Mental Health and Addictions Services in Saskatoon](#)

Mobile Crisis Line Saskatoon: **306-933-6200** (24-hour service)

Health Line: **811** (has Mental Health Worker or Psych Nurse available 24 hours)

Online self-help resources:

- <http://www.getselfhelp.co.uk/links2.htm>
- <https://www.onlinetherapyuser.ca/client-resources#1>

Self-help books:

- [CANMAT resources - list of self-help books](#)
- <http://www.sfu.ca/carmha/toolsandresources.html>

Mental Health Problems - Courses:

- [Mental Health First Aid](#)
- [ASIST \(Applied Suicide Intervention Skills Training\)](#)

Patient requesting referral to a psychiatrist or psychologist:

- Referral by family doctor (no costs)
- Self-referral (associated with costs)
- Remember: family doctors can treat patients with mental health needs
  - [Need a family doctor?](#)
  - [List of walk-in/minor emergency clinics](#)