

Mental Health & Wellness

Resources



Diocese of
Saskatoon



Table Of **Contents**

Grief Support Groups

Professional Counsellors

Provincial Supports

National Supports

Parish Education – Catholic

Parish Education – Mental Health Canada

Parish Education – Crisis & Trauma Resources

Responding to our
brothers and sisters

in Christ



"The church sometimes has locked itself up in small things, in small-minded rules. The most important thing is the first proclamation: Jesus Christ has saved you. And the ministers of the church must be ministers of mercy above all...In pastoral ministry we must accompany people, and we must heal their wounds."

"A Big Heart Open to God", Pope Francis



Catholic Pastoral Centre

123 Nelson Road Saskatoon, SK S7S 1H1
Upstairs at the Cathedral of the Holy Family
rcdos.ca



The Diocese of Saskatoon offers grief support for those who have lost a spouse, those who have lost children, and for those who are separated or divorced.

Grief Support Groups

From Mourning to Dawn

From Mourning to Dawn is an inter-denominational grief support program for widows and widowers. It is an eight-week journey of transformation and healing, offering support and encouragement for bereaved spouses, led by those who have also experienced this loss. For more information, please contact Dianna Knaus at dknaus@sasktel.net or 306-382-0535.

Red Bird Ministries

Red Bird Ministries (RBM) is a non-profit, pro-life, and pro-family, Catholic grief support ministry serving individuals and couples who have experienced the loss of a child from pregnancy through adulthood. We help ordinary families who have been given an extraordinary cross to carry. For more information, please contact the Office of Marriage & Family at mjackson@rcdos.ca or 306-659-5836.

Transitions

Transitions is a 12-week program for anyone going through the painful experience of separation or divorce. Persons from other faith traditions are also welcome to attend. In this peer support program, participants meet once a week to reflect on and discuss topics outlined in a handbook. For more information, please contact spowell@rcdos.ca or call 306-659-5836.

Professional Counsellors

Anne Williams, BSW, RSW, SEP

Registered Social Worker, Somatic Experience Practitioner

awilliams.home@gmail.com

306-220-0448

Clark Jaman, MA, MC, CCC

Certified Counselling Psychotherapist

clark@catholiccounsellor.com

306-203-3569

Fr. Peter Ebidero, MACP, CC

Certified Counsellor

darebidero94@yahoo.com

306-321-2364

Alma Counselling Place

Fred Farthing, M.Ed., Registered Psychologist

Ana Martinez-Risco, Counsellor, B.A., M.Sc., C.C.C.

www.almacounsellingplace.ca

306-373-7807

Although not officially endorsed by the Roman Catholic Diocese of Saskatoon, these counsellors work in accordance with the identity and mission of the Catholic faith.

Post Abortion Support

Saskatoon Pregnancy Options and Support Centre

Women who have had an abortion may be experiencing complex emotions and struggles. There are people at the Pregnancy Options and Support Centre who are trained to accompany post-abortive women through a process of healing. Biological fathers may also be negatively impacted by an abortion. For more information, please call or text 306-665-7550 (textline service available outside of Centre hours) or email contact@saskatoonpregnancyoptions.com

Rachel's Vineyard

Rachels' Vineyard is a safe place to renew, rebuild and redeem hearts broken by abortion. Weekend retreats offer a supportive, confidential and non-judgmental environment where women and men can express, release and reconcile painful post-abortive emotions to begin the process of restoration and healing. For more information, visit the website www.rachelsvineyard.org or call Elaine 306-480-8911 or email r.vineyardsk@sasktel.net

Provincial

Mental Health & Wellness Resources

Mental Health Services

McKerracher Center, 2302 Arlington Ave. Saskatoon SK S7J 3L3
306-655-4590
sk.211.ca

Government of Saskatchewan – Mental Health and Addiction Services

<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services/mental-health-support/mental-health-and-illness>

<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services/mental-health-support/seeking-professional-help>

Mobile Crisis Centres

Mobile Crisis Centres are located across Saskatchewan and operate 24/7.
West Central Crisis and Family Support Centre – Monday to Friday, 9 a.m. to noon, 1 to 5 p.m. 306-463-6655 (After Hours: 306-933-6200).

Crisis may include suicidal feelings, childhood abuse and neglect, marriage and family problems, mental illness, drug and alcohol use and abuse, problem gambling, excessive personal distress, seniors in distress.

This list of resources is provided for information purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. The Roman Catholic Diocese of Saskatoon does not necessarily endorse the content of these sites, links, and/ or resources.

Provincial

Mental Health & Wellness Resources

Kids Help Phone

Offers professional counselling, information, and referrals. Phone or text 1-800-668-6868 or chat online. It's confidential, free and available 24/7.

TAO Tel-Aide Francophone Helpline

Provides free, 24/7 mental health services to French speakers. Call 1-800-567-9699.

Online Cognitive Behaviour Therapy (CBT)

Provincially funded service for Saskatchewan residents who are experiencing mental health difficulties, including depression and anxiety. Trained therapists support participants as they complete five online modules over an eight week period. This service is led by the Online Therapy Unit at the University of Regina and is delivered for free for Saskatchewan residents in partnership with the Saskatchewan Health Authority.

1-306-337-3331
onlinetherapyuser.ca

HealthLine 811

Mental health and addictions service continues to be available, providing 24/7 crisis support, advice to help manage a caller's situation, information, and connection to community resources.

This list of resources is provided for information purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. The Roman Catholic Diocese of Saskatoon does not necessarily endorse the content of these sites, links, and/ or resources.

ADULT FAMILY PROGRAM SERVICES

The Adult Family Program provides individual counselling and psycho-educational groups for those affected by another adult's mental health (MH) and/or substance use disorder (SUD) issues. We offer single family, including multiple family members, individual sessions. Services are available in-person or via telephone or virtual. Additionally, we provide services provincially.

The spirit of our program acknowledges that friends/family members of those living with mental illness/substance use disorders may require support. **The family member(s) is the client.** **The presence of a serious mental health or addiction problems can have significant consequences for all family members. The chronic stress that family members' experience, along with the practical demands of caring for their relative, can have an impact on their day-to-day living, health, social and family relations, careers, housing, legal, and financial situation.*

**Family members who care for relatives with mental health or addiction problems serve in a variety of roles. They may:*

*Act as informal case managers, encouraging and supporting treatment; identifying and securing housing;
and arranging for income assistance*

Provide crisis intervention

Assist with system navigation

Advocate on behalf of their ill relative

Monitor symptoms and support adherence to treatment plans to lessen risk of relapse

Maintain records of previous treatments, medications and hospitalizations

Provide information on the context of a loved one's life, to assist professionals in understanding them as a whole person

As a result, family members experience significant care-giver burnout and require in-depth and ongoing support.

*Reference: Caring Together – Families as Partners in the Mental Health & Addiction System Canadian Mental Health Association

Throughout the year we run psycho/education groups:

- Family Mental Health Education Group: Provide information on MH. Group is once a week for 12 weeks.
- Family Substance Use Disorder Information Group: Provide information on SUD/concurrent disorders. Group is once a week for 11 weeks.

Topics for both groups include: effects on the family, effective communication, boundaries.

To Access Adult Family Program Services Contact:
Mental Health & Addiction Services,
Centralized Intake: 306-655-7777



**Saskatchewan
Health Authority**



saskhealthauthority.ca

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

Are you affected by someone's mental health and/or substance use?

The Adult Family Program provides education groups and counselling for those affected by another adult's mental health and/or substance use.

The spirit of our program acknowledges that family members may require support. The stress that family members experience can have an impact on their day-to-day living, health, social and family relations, careers, housing, legal, and financial situation. Friends and family members who support relatives with mental health and/or substance use problems may be involved in a variety of roles.*

*Caring Together – Families as Partners in the Mental Health & Addiction System Canadian Mental Health Association

**To Access Adult Family Program Services Contact:
Mental Health & Addiction Services,
Centralized Intake: 306-655-7777**



Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

Provincial

Mental Health & Wellness Resources

Farm Stress Line

Provides support for farmers and ranchers and is available 24/7
Call 1-800-667-4442.

Métis Nation–Saskatchewan (MN-S)

MN-S is offering Métis in Saskatchewan access to Métis culturally specific mental health and addiction supports for adults, youth, and families.

1-855-671-5638 (toll-free)

24-hour crisis line: 1-877-767-7572

National Supports

Canadian Mental Health Association

Visit: sk.cmha.ca

National Suicide Prevention Line

1-833-456-4566

Wellness Together Canada

Connects people to peer support workers, social workers, psychologists, and other professionals for confidential chat sessions or phone calls, and also offers credible information and help to address mental health and substance use issues.

wellnesstogether.ca

This list of resources is provided for information purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. The Roman Catholic Diocese of Saskatoon does not necessarily endorse the content of these sites, links, and/or resources.

Parish Education & Training



The Sanctuary Course was created to equip churches as they seek to become sanctuaries where individuals with mental health challenges feel safe, supported, and a sense of belonging. Each session explores key mental health topics, drawing upon the insights of mental health professionals, church leaders, and people with lived experience

sanctuarymentalhealth.org

Although not officially endorsed by the Roman Catholic Diocese of Saskatoon, these organizations work in accordance with the identity and mission of the Catholic faith.

Parish Education & Training



When someone is struggling with their mental health, do you know how to minister to them?

From the elderly to the youth, families, and singles, wealthy and impoverished, our people are facing more mental health concerns than ever. As a minister, what is your role? What should you do? What is helpful? What is harmful?

Don't guess! And don't avoid it! Silence is a breeding ground for shame. Sister Josephine Garrett, a licensed Catholic counselor and therapist will provide answers to these questions. Embrace your parishioners, family, self, and colleagues, with love, compassion, and truth. You will walk away from this course with a plan of action on how to best receive God's people in the hardest moments of their life.

reviveparishes.com

Although not officially endorsed by the Roman Catholic Diocese of Saskatoon, these organizations work in accordance with the identity and mission of the Catholic faith.

Parish Education & Training

**Mental Health
First Aid Canada**



The Mental Health First Aid course was created to extend the concept of first aid training to include mental health problems so that community members were empowered to provide better initial support to someone who is developing a mental health problem, has a worsening of an existing mental health problem or is in a mental health crisis.

To find a course, visit: mentalhealthfirstaid.ca



CTRI
CRISIS & TRAUMA
RESOURCE INSTITUTE

Trauma-Informed Training and Resources - over 65 training topics to help you help others, all developed from a trauma-informed perspective by people with experience. They are pre-approved for CECs, and topics range from trauma and mental health support, to counselling skills, to violence prevention.

To find a course, visit: ctrinstitute.com

This list of resources is provided for information purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. The Roman Catholic Diocese of Saskatoon does not necessarily endorse the content of these sites, links, and/ or resources.

Contact Us



306-659-5836



mjackson@rcdos.ca



rcdos.ca



123 Nelson Road Saskatoon, SK S7S 1H1

