

Outside Agency Contacts

<p>Mental Health & Addictions:</p> <p>Serves Individuals (including family members) 18 years or older who are experiencing significant distress, which may include:</p> <ul style="list-style-type: none"> • Anxiety • Depression • Eating difficulties • Enduring health, mental health and stress-related problems • Isolation and loneliness • Life challenges related to experiences of oppression such as racism, sexism and poverty • Problems associated with histories of trauma, loss, abuse and violence • Relationship issues 	<p>(306)-655-4100</p>
<p>Bridgepoint Centre For Eating Disorders:</p> <ul style="list-style-type: none"> • Is a multi-disciplinary organization of individuals whose aim is to help you initiate processes, which help you become more connected with and aware of what you want out of life. Struggling with an eating disorder can be a very lonely, painful existence. We understand this. Some of us have been in that place. 	<p>(306)-935-2240</p>
<p>Calder</p> <ul style="list-style-type: none"> • Offers specialized in-patient alcohol and drug services to residents of all health districts in Saskatchewan. These include clinical services designed for men, women, youth and their families. 	<p>(306)-933-5846</p>
<p>City Police Youth Section</p>	<p>(306)-975-8300 (306)-975-8244</p>
<p>Child & Family Services</p> <ul style="list-style-type: none"> • Offers programs, services and leadership, which develop and support individuals, families and communities to have safe, healthy and respectful relationships. 	<p>(306)-933-5961</p>
<p>SIAST Kelsey Campus:</p> <ul style="list-style-type: none"> • Learning Assistance • Transition Program 	<p>(306)-933-8055 (306)-933-6372</p>

<p>Mobile Crisis</p> <ul style="list-style-type: none"> The Mobile Crisis Intervention Centre is a 24-hour telephone counselling service for individuals who are experiencing a crisis situation in their lives. The counsellors are willing to visit individuals in their homes if it is convenient 	(306)-933-6200
<p>Sexual Assault and Information Centre</p> <ul style="list-style-type: none"> Provides counselling and emotional support for victims of sexual abuse. Confidentiality is assured. 	(306)-244-2294 (306)-244-2224
<p>Child & Youth Services</p> <ul style="list-style-type: none"> Provides individual, family and group counseling and therapy with nurses, psychiatrists, psychologists and social workers. Individuals/parents may self refer. Referrals are also accepted from a third party. Contact Centralized Intake for further information. 	(306)-655-7950
<p>Youth Resource Centre & Addictions</p> <ul style="list-style-type: none"> Provides a variety of mental health services for youth between the ages of 12 to 18. The goal is to meet the varied needs of youth and to support healthy development in all spheres of daily living. Offers individual and group counseling and therapeutic recreation. The counseling services presently offered cover a number of areas including coping with depression, anxiety management, disordered eating, trauma, and support to gay, lesbian and bisexual youth 	(306)-655-4900
<p>Catholic Family Services</p> <ul style="list-style-type: none"> We offer individual, couple and family counseling to anyone as well as, family and children's programs. Groups include: Children of Separated & Divorced Parents, Children Exposed to Violence in Families, Children & Grief, a Forum for Adolescent Girls, a parenting support group for parents with youth who have extreme behavior problems, information sessions for parents of Separation and Divorce, Motherless Daughters, and Women & Self Image. We also promote healthy families through the Family-to-Family Ties and a partnership program called Families and Schools Together (F&ST). Programs are open to anyone in the community regardless of religious affiliation. 	(306)244-8537

