

Mental Health & Emotional Wellness

City of Saskatoon Employee & Family Assistance Program (EFAP)

1. Canadian Mental Health Association (CMHA)

Website: <https://cmha.ca/>

Overview: A national mental health organization providing public education, information and resources related to mental health, recovery and well-being.

Topics: Mental health education, recovery, emotional wellness and mental health awareness.

Contact: Use the official website to locate contact information and regional services.

2. Anxiety Canada

Website: <https://www.anxietycanada.com/>

Overview: Canadian organization offering information and self-help resources related to anxiety and anxiety disorders.

Topics: Anxiety, panic, coping strategies and self-help tools.

Contact: Use the official website for current contact options.

3. Mood Disorders Society of Canada

Website: <https://mdsc.ca/>

Overview: National organization focused on improving the lives of people affected by mood disorders and related mental health concerns.

Topics: Mood disorders, depression, bipolar disorder, advocacy and education.

Contact: Consult the official website.

4. Schizophrenia Society of Canada

Website: <https://schizophrenia.ca/>

Overview: Information and support resources related to schizophrenia and other psychotic disorders, including information for affected individuals and families.

Topics: Education, awareness, recovery and family support.

Contact: Use the official website to locate current contacts and provincial resources.

5. Mental Health First Aid Canada

Website: <https://mentalhealthcommission.ca/what-we-do/mental-health-first-aid/>

Overview: The Mental Health Commission of Canada's program teaches people how to recognize and respond to signs of developing mental health problems or mental health crises.

Topics: Mental health literacy, early recognition and supporting someone experiencing distress.

Contact: Use the Mental Health Commission of Canada website.

6. Centre for Suicide Prevention

Website: <https://www.suicideinfo.ca/>

Overview: Canadian organization providing suicide-prevention information and educational resources.

Topics: Suicide prevention, education, awareness and learning resources.

Contact: Consult the official website for current contact information.