

Crisis & Immediate Support

City of Saskatoon Employee & Family Assistance Program (EFAP)

Immediate danger: Call 911 or go to the nearest emergency department. For suicide-related crisis support in Canada, call or text 988.

1. Saskatoon Crisis Intervention Service — Mobile Crisis Service

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

24-hour crisis line: 306-933-6200

Overview: Provides immediate crisis intervention and support by telephone and mobile response for people experiencing social, emotional or psychological distress.

Topics: Mental health crises, suicidal thoughts, overwhelming emotions, family conflict, substance use and safety concerns.

Hours: 24 hours a day, seven days a week.

2. 9-8-8: Suicide Crisis Helpline

Website: <https://988.ca/>

Phone or text: 988

Overview: National suicide crisis support for people experiencing suicidal thoughts and people concerned about someone else.

Hours: 24 hours a day, every day of the year.

Eligibility: Available across Canada. People can reach out even if they are unsure whether they need crisis support.

Cost: Calls are toll-free. Text charges may depend on the user's mobile plan.

Languages: English and French, with options for culturally appropriate support.

3. HealthLine 811 — Saskatchewan

Website: <https://www.saskatchewan.ca/residents/health/accessing-health-care-services/healthline>

Phone: 811

Alternative number for technical issues: 1-877-800-0002

Overview: Confidential telephone access to health advice, mental health and addictions support, information and connections to community services.

Hours: 24 hours a day, seven days a week.

Eligibility: Available to people in Saskatchewan.

Cost: Free.

Languages: English, with interpretation available in more than 100 languages.

4. Kids Help Phone

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

Phone: 1-800-668-6868

Text: Text CONNECT to 686868.

Overview: Provides professional counselling, information and support for young people.

Hours: Phone support is available 24/7. Online chat hours and other contact options should be checked on the official website.

5. Saskatchewan 211

Website: <https://sk.211.ca/>

Overview: Helps people find community, social, government and non-clinical health services in Saskatchewan.

Topics: Community supports, housing, family services, food assistance, social services and other local resources.

Contact: Use the official website to confirm current telephone and contact options.