

Need someone to talk things over with?

We all do sometimes. Check out some of these excellent places to connect!

Saskatchewan Farm Stress Line – 1-800-667-4442

Rural families deserve credit for working hard to meet the challenges that are often beyond their control such as weather, pests, disease, high-input costs, volatile markets and low financial returns at the farm gate. Many Saskatchewan farm families have off-farm income, which, in turn, may result in additional pressure which can lead to fatigue and burnout. Farmers and ranchers who endure high levels of stress may find that it has negatively affected their health and has reduced their quality of life. High stress can compromise personal safety and affect family relationships.

The Farm Stress Line can help by:

- Clarifying the problem or concern and work with you toward a solution;
- Connecting you with the appropriate organization, professional or program that best suits your needs; and/or
- Listening and supporting in a safe, neutral and non-judgmental environment.

Residential Schools Survivors – 1-866-925-4419

If you are a former residential school student in distress, or have been affected by the residential school system and need help, you can contact the 24-hour Indian Residential Schools Crisis Line at 1-866-925-4419, or the Indian Residential School Survivors Society toll free line at **1-800-721-0066**.

Interval House – 1-888-338-0880

Saskatoon Interval House is a temporary shelter for women and their children leaving domestic violence who require safe accommodation. If you feel you or your children are not safe because someone is violent or abusive in your home Interval House can help. If you have any questions or just need someone to talk to about the concerns in your home, please call.

Kids Help Phone – 1-800-668-6868

Kids Help Phone is Canada's only 24/7, national support service. We offer professional counselling, information and referrals and volunteer-led, text-based support to young people. Whether by phone, text or through our website, you can connect with us whenever you want, however you want.

AA in Saskatchewan <https://aasask.org>

Find online meetings, or local in-person meetings to attend with a group of supportive friends.

Saskatoon 24-Hour Crisis Line – 1-306-933-6200

Caring Crisis Workers with the professional skills needed to respond effectively to a variety of crises, provide service to the Saskatoon community around the clock. A crisis may involve:

- Suicidal feelings, thoughts or plans
- Child abuse and neglect
- Marriage and family problems
- Overwhelming emotions
- Relapse of mental illness
- Problems with drug and alcohol use and abuse
- Worries about safety
- Older adults/seniors in distress

How and When to Seek Professional Help

In general, it is a good idea to seek professional help for a mental health problem when:

- A symptom becomes severe or disruptive;
- A symptom becomes a continuous or permanent pattern of behaviour and does not respond to self-care;
- Symptoms become numerous, affect all areas of your life, and do not respond to self-care or communication efforts;
- You feel out of control, extremely anxious or deeply depressed; or
- You are thinking about hurting yourself or someone else.

How do I help a family member or friend who doesn't realize they need help?

- Contact their family physician;
- Contact your [mental health clinic](#); 306-655-7777
- Call HealthLine at 811;
- Call 911 if someone is at risk of harming themselves or others.

These resources have been gathered and made available to the community by friends at Knox United Church, Langham and St. Martin's United Church, Saskatoon. Reaching out to your church can be a great way to build community, connect with others, and know that you are not alone.

www.stmartinsuc.com