

Emotional Wellness

(Local Mental Health Supports; On-Line Services and Help Line Resources)

The Regina Region Local Immigration Partnership, in collaboration with featured service providers, developed this resource booklet with the goal of highlighting pertinent mental health services for **newcomers**. This resource is NOT an exhaustive list of all mental health supports, but highlights select services that reduce common barriers newcomers face when accessing mental health supports.



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Emotional Wellness - Agency Supports

Canadian Mental Health Association (Regina Branch)

Offers programming to individuals living with a chronic and persistent mental illness, some of whom may be experiencing barriers such as low self-esteem and confidence, social isolation, and poor access to education and employment.

Programs and services are for people 18 years of age and older.

Contact: Call 306-525-9543 or email info@cmharegina.com

Further information available by visiting:

<http://cmharegina.com/activities-for-membersclients/>

Caring Place Regina

Confidential, professional mental health and relationship counselling available to people of all ages (fees are adjusted based on family income). Free Depression and Anxiety Support Group, as well as free Art and Chat Classes offered seasonally (interpretation available; childcare provided).

Contact: Call 306-347-2273 or email connect@thecaringplace.ca

Further information available by visiting: <https://thecaringplace.ca/>

Catholic Family Services - Newcomer Family Support

Free program that offers newcomer families crisis counselling, group learning experiences, and in-home visits.

Contact: Call 306-525-0039 or email cfsregina@cfsregina.ca

Further information available by visiting:

<https://www.cfsregina.ca/family-support-services>

Emotional Wellness - Agency Supports

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Family Service Regina - Thrive Counselling Service

Free walk-in counselling clinics for those needing assistance with issues such as parenting, anxiety and depression, anger, trauma, relationship concerns, etc.

A listing of Dates, Times and Locations can be found here:

<https://familyserviceregina.com/thrive/>

HealthLine 811

Free, confidential phone service, open 24 hours, every day, that provides professional health advice and mental health support. Services are offered in English, with translation available in over 100 languages.

Contact: Call 811 or 1-877-800-0002

Kids Help Phone

National support service that offers professional counselling, information and referrals. You can access their support by either calling, texting or online chat. Service can be provided in English and French.

Contact: Call for free 1-800-668-6868;

Text TALK or CONNECT to 686868 (English);

Text TEXTO or FRANCAIS to 686868 (French);

Webchat online at <https://kidshelpphone.ca/live-chat/>

Further information available by visiting:

<https://kidshelpphone.ca/>

Emotional Wellness - Agency Supports

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Mobile Crisis Services

Trained crisis counsellors help with mental health, social and other health crisis situations. Service is available 24 hours a day, every day of the week and available in over 155 languages.

Contact: Call 306-757-0127 (24 hour help line)

if assistance is required immediately call 911

Further information available by visiting:

<http://www.mobilecrisis.ca/program-services>

Police and Crisis Team (PACT)

A joint response to a mental health related crisis, where a police officer and mental health professional will help resolve the situation and connect individuals with appropriate community services and resources. This includes people who are struggling with addiction, homelessness, or that pose a risk to themselves and/or public safety.

Contact: Call 306-777-8604 (if PACT is unavailable call the Regina Police Service Centre at 306-777-6500) *if assistance is required immediately call 911* Further information available by visiting:

<http://reginapolice.ca/pact/>

Regina Community Clinic

Free Counselling Program that provides individual, family and couple counselling for a broad range of symptoms and situations (e.g. depression, anxiety, childhood abuse, interpersonal violence and trauma). Individual counselling is only available for patients of Regina Community Clinic, however group programs are open to anyone. Interpretation and translation services are available when requested.

Contact: Call 306-543-7880 (ask for the Counselling Department)

Further information available by visiting:

<https://www.reginacommunityclinic.ca/counselling/>

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Regina Immigrant Women Centre - Family Support Program

Free program that provides counselling services to immigrant and refugee women, referral to support programs and resources, and long term follow-up supports.

Contact: Call 306-359-6514 or email info@reginaiwc.ca

Further information available by visiting:

<http://www.reginaiwc.ca/programs-and-services/empower/family-support/>

Regina Open Door Society - FIT Program Families in Transition Program

Free program that provides confidential counselling.

A professional counsellor can meet one-to-one or clients can meet in a group and support each other.

Contact: Call 306-352-3500 (ask for the Families in Transition Counsellor) or email fit@rods.sk.ca

Further information available by visiting:

<https://rods.sk.ca/pages/families-in-transition-program>

Regina Sexual Assault Centre

Counselling and group therapy program for any individual who has experienced sexual violence, including from a partner or spouse. Services are free for anyone ages 5 and up, and are provided by experienced, qualified counsellors.

Contact: Call 306-522-2777; **IF IN CRISIS CALL** 306-352-0434

Further information is available by visiting:

<https://www.reginalsexualassaultcentre.ca/services.html>

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211 Saskatchewan

For an extensive list of mental health supports in Regina, visit:

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

Free, confidential, 24/7 service that connects individuals to services in the province by telephone, text, or web chat.

Service can be provided in over 175 languages.

Contact: Call or text 211 for free or webchat online at:

<http://chat.bc211.ca/sk211chat.html>

Abuse Help Lines (Listing): <https://pathssk.org/wp-content/uploads/2011/04/Regina-City-Abuse-Help-Lines-Page-February-24-20141.pdf>

Abuse is Wrong in Any Language:

<https://www.justice.gc.ca/eng/rp-pr/cj-jp/fv-vf/fe-fa/index.html>

Canadian Council for Refugees - Refugee and Newcomer Mental Health Page: ccrweb.ca/en/mental-health

Caring for Kids New to Canada: <https://www.kidsnewtocanada.ca/mental-health/mental-health-promotion>

Jack.org: <https://jack.org/Resources>

Mental Health First Aid: <https://www.mhfa.ca/en/general-resources>

Positive Space Network: <https://www.urpride.ca/programs/psn/>

Supporting the Mental Health of Refugees to Canada - Mental Health Commission of Canada:

https://www.mentalhealthcommission.ca/sites/default/files/2016-01-25_refugee_mental_health_backgrounder_0.pdf

Anxious Parents Parenting Kids with Anxiety (in Regina):

<https://www.facebook.com/groups/1818857608161884/>

Emotional Wellness - Resources

Emotional Wellness - 24 Hour Help Lines

If a life is in danger, Dial 911

Animal Abuse and Protection Services: (306) 777-7700

Canadian Abuse/Sexual Assault Support Line: 1-800-214-7083

Canadian Suicide Prevention Service:
(English) 1-833-456-4566; (French) 1-866-277-3553
Text 45645; Chat: crisiservicescanada.ca

Child Abuse Line: 306-569-2724

HealthLine: Dial 811

Kids Help Phone: 1-800-668-6868

Regina Crisis Suicide Helpline: 306-525-5333

Regina Mobile Crisis Services: 306-757-0127

Regina Sexual Assault Line: 306-352-0434

Saskatchewan Problem Gambling HelpLine: 1-800-306-6789

**None of the above, except for 911,
subscribe to Call Display or name Display**

Emotional Wellness - 24 Hour Help Lines

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