

<p><b>Regional Mental Health Clinical Nurse Specialist</b></p> <ul style="list-style-type: none"> <li>• Support</li> <li>• Information</li> <li>• Resources</li> <li>• Webinars</li> </ul>	<p>John Mitchell 306-216-8347 <a href="mailto:john.mitchell2@canada.ca">john.mitchell2@canada.ca</a></p>
<p><b>If there is an emergency</b></p>	<p>Contact <b>9-1-1</b> immediately</p>
<p><b>Sask 211</b></p> <ul style="list-style-type: none"> <li>• 211 Saskatchewan is a free, confidential, 24/7 service that connects individuals to human services in the province by telephone, text, or web chat, plus a searchable website with over 5,000 listings of social, community, non-clinical health, and government services across the province. Over 175 languages, including 17 Indigenous languages, are available over the phone.</li> </ul>	<p>2-1-1 Text 2-1-1 Website: <a href="https://sk.211.ca">https://sk.211.ca</a></p>
<p><b>Sask 811</b></p> <ul style="list-style-type: none"> <li>• HealthLine 811 is a confidential, 24-hour health and mental health and addictions advice, education and support telephone line available to the people of Saskatchewan. It is staffed by experienced and specially trained Registered Nurses, Registered Psychiatric Nurses, and Registered Social Workers. HealthLine 811 is free. Services are offered in English, with translation available in over 100 languages.</li> </ul>	<p>8-1-1 OR 1-877-800-0002 Deaf and hard of hearing residents can access HealthLine 811 by using the SaskTel Relay Operator service at: 1-800-855-1155 Website: <a href="https://www.saskhealthauthority.ca/Services-Locations/HealthLine/">https://www.saskhealthauthority.ca/Services-Locations/HealthLine/</a></p>
<p><b>First Nations and Inuit Hope for Wellness Help Line</b></p> <ul style="list-style-type: none"> <li>• The help line offers immediate help to all Indigenous peoples across Canada. Counseling and crisis support services are available 24/7 from experienced and culturally competent counselors. Counselors can assist in connecting callers with accessible resources. On request, counseling is several Indigenous languages.</li> </ul>	<p>1-855-242-3310 Online chat available at: <a href="http://www.hopeforwellness.ca">www.hopeforwellness.ca</a></p>
<p><b>Kids Help Phone</b></p> <ul style="list-style-type: none"> <li>• Kids Help Phone is Canada's only 24/7, national support service. They offer professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French. The service is completely confidential — you don't even have to share your name if you don't want to.</li> </ul>	<p>1-800-668-6868 Text CONNECT to 686868 Online chat available at: <a href="https://kidshelpphone.ca/live-chat/">https://kidshelpphone.ca/live-chat/</a> Website: <a href="https://kidshelpphone.ca">https://kidshelpphone.ca</a></p>
<p><b>Indian Residential School (IRS) Crisis Line</b></p> <ul style="list-style-type: none"> <li>• The IRS Crisis Line is a national, 24 hour toll free support service operated by trained Aboriginal crisis counsellors. Counsellors are available to safely support a broad spectrum of mental wellness issues related to disclosure of childhood abuses.</li> </ul>	<p>1-866-925-4419</p>



<p><b>Help from Domestic Violence Victim Services Programs</b></p> <ul style="list-style-type: none"> <li>Saskatchewan has programs to assist victims of intimate partner violence with the goal of empowering victims, ending the cycle of violence and abuse, and supporting healthy families.</li> </ul>	<p>Battlefords Victim Services Phone: (306) 446-1551</p> <p>Family Service Regina Phone: (306) 757-6675</p> <p>Family Service Saskatoon Phone: (306) 244-0127</p> <p>Website: <a href="https://www.saskatchewan.ca/residents/justice-crime-and-the-law/victims-of-crime-and-abuse/help-from-domestic-violence-victim-services-programs">https://www.saskatchewan.ca/residents/justice-crime-and-the-law/victims-of-crime-and-abuse/help-from-domestic-violence-victim-services-programs</a></p>
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**To those concerned about data overages, especially if you are using your cellular phone to access these resources –** Saskatchewan mobility companies have offered unlimited data and dropped overage charges and increased their services without extra charges. Please check with your service provider for specifics.

- COVID-19 Resources:**
- Public Health Agency of Canada: <https://www.canada.ca/en/public-health.html>
  - Public Health Agency of Canada: Coronavirus Disease (COVID-19) Awareness Resources: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources.html#wb-auto-5>
  - World Health Organization (WHO): Coronavirus 2019: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
  - COVID-19 Information Video: <https://www.youtube.com/watch?v=mOV1aBVYKGA&feature=youtu.be>

- Mental Health Resources:**
- Handbook for Users of Mental Health Services (Schizophrenia Society of Saskatchewan): <http://www.schizophrenia.sk.ca/resource-library/handbook-for-users-of-mental-health-services/part-2/>
  - Schizophrenia Society: <https://www.schizophrenia.sk.ca/>
  - Mental Health Commission of Canada (MHCC): <https://www.mentalhealthcommission.ca/English>
  - Mental Health Commission of Canada (MHCC) Mental Health First Aid Psychosis Guidelines: [https://www.mentalhealthcommission.ca/sites/default/files/KEC\\_MHFAPsychosisGuidelines\\_ENG\\_0\\_1.pdf](https://www.mentalhealthcommission.ca/sites/default/files/KEC_MHFAPsychosisGuidelines_ENG_0_1.pdf)
  - Mental Health Commission of Canada (MHCC) tip sheet: *Social Connection in the Era of Physical Distancing* [https://www.mentalhealthcommission.ca/sites/default/files/2020-06/tip\\_sheet\\_physical\\_distance\\_eng.pdf](https://www.mentalhealthcommission.ca/sites/default/files/2020-06/tip_sheet_physical_distance_eng.pdf)
  - Mental Health Commission of Canada (MHCC) resources that has a range of posters, tip sheets, webinars, etc. <https://www.mentalhealthcommission.ca/English/mhcc-covid-19-resources>
  - Canadian Mental Health Association: <https://cmha.ca/>
  - Edu-Therapy Solutions: Grief resolution training and resources: <http://edutherapysolutions.com>
  - Centre for Addiction and Mental Health (CAMH): Coping with Loss and Grief: <https://www.camh.ca/en/camh-news-and-stories/coping-with-loss-and-grief>
  - eMentalHealth: So you want to be happy? The Secret to Mental Wellness and Happiness: <https://www.ementalhealth.ca/Ottawa-Carleton/So-You-Want-To-Be-Happy-The-Secret-to-Mental-Wellness-and-Happiness/index.php?m=article&ID=8922>
  - Government of Canada: COVID-19 and Mental Health at Work: <https://www.canada.ca/en/government/publicservice/covid-19/covid-19-mental-health-work.html>



- Conference Board of Canada: How has COVID-19 impacted Canadians' mental health?  
<https://www.conferenceboard.ca/focus-areas/health/how-has-covid-19-impacted-canadians-mental-health>
- Interagency Standing Committee (IASC): Basic Psychological Skills - A guide for COVID-19 responders:  
<https://interagencystandingcommittee.org/system/files/2020-05/Basic+Psychosocial+Skills+-+A+Guide+for+COVID-19+Responders.pdf>
- World Health Organization (WHO): COVID-19 and Mental Health downloadable posters  
<https://www.who.int/westernpacific/emergencies/covid-19/information/covid-19-mental-health>

### Substance Use and Addictions Resources

- Canadian Society for Addiction Medicine:  
<http://www.csam-smca.org/>
- COVID-19 Harm Reduction Resources:  
[https://www.drugpolicy.ca/covid-19-harm-reduction-resources/?\\_cldee=Y2FycmllLmdhc2tpbkBoYy1zYy5nYy5jYQ%3d%3d&recipientid=contact-a3f9ece4f1d1e6118105480fcfeaa931-6675de77be42446081ee688fe1ca5187&esid=fe5dc26d-0678-ea11-a811-000d3af42c56](https://www.drugpolicy.ca/covid-19-harm-reduction-resources/?_cldee=Y2FycmllLmdhc2tpbkBoYy1zYy5nYy5jYQ%3d%3d&recipientid=contact-a3f9ece4f1d1e6118105480fcfeaa931-6675de77be42446081ee688fe1ca5187&esid=fe5dc26d-0678-ea11-a811-000d3af42c56)
- Impacts of COVID-19 on Substance Use:  
[https://www.ccsa.ca/Impacts-COVID-19-Substance-Use?\\_cldee=Y2FycmllLmdhc2tpbkBoYy1zYy5nYy5jYQ%3d%3d&recipientid=contact-a3f9ece4f1d1e6118105480fcfeaa931-c031588e90e544868093bda98fe7b3e1&esid=d99e3ea8-dc78-ea11-a811-000d3af42c56](https://www.ccsa.ca/Impacts-COVID-19-Substance-Use?_cldee=Y2FycmllLmdhc2tpbkBoYy1zYy5nYy5jYQ%3d%3d&recipientid=contact-a3f9ece4f1d1e6118105480fcfeaa931-c031588e90e544868093bda98fe7b3e1&esid=d99e3ea8-dc78-ea11-a811-000d3af42c56)
- The Canadian Mental Health Association- Substance Use:  
<https://cmha.ca/?s=substance+use>
- Canadian Centre on Substance Use and Addiction:  
<https://www.ccsa.ca/>
- Canadian Drug Policy Coalition:  
<https://www.drugpolicy.ca/>
- Addiction Care Treatment Online Course (free):  
<https://ubccpd.ca/course/addiction-care-and-treatment>
- Thunderbird Partnership Foundation:  
<https://thunderbirdpf.org/>
- Canada's Drug Strategy:  
<http://www.nationalantidrugstrategy.gc.ca/prevention/youth-jeunes/help-aide/index.html>
- Centre for Addiction and Mental Health:  
<http://www.camh.ca/en/hospital/Pages/home.aspx>
- Canadian Centre for Substance Abuse:  
<http://www.ccsa.ca/Eng/Pages/default.aspx>
- The Canadian Managed Alcohol Program Study (CMAPS):  
[https://www.uvic.ca/research/centres/cisur/assets/docs/presentation-cmaps\\_ccsa-workshop\\_nov\\_2019.pdf](https://www.uvic.ca/research/centres/cisur/assets/docs/presentation-cmaps_ccsa-workshop_nov_2019.pdf)
- Substance Abuse and Mental Health Services Administration (SAMHSA)- Tips for social distancing, quarantine and isolation during an infectious disease outbreak:  
<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse832ce>
- Canada Safety Council Gambling Addiction page:  
<https://canadasafetycouncil.org/gambling-addiction/>
- CAMH direct link to their Gambling, Gaming and Technology Use page:  
<https://www.problemgambling.ca/gambling-help/>
- Canadian Centre on Substance Use and Addiction - Alcohol and The Immune System: 4 things you should know:  
<https://www.ccsa.ca/sites/default/files/2020-05/CCSA-COVID-19-Alcohol-Immune-System-Infographic-2020-en.pdf>
- Canadian Centre on Substance Use and Addiction (40 page self help guide) - Knowing Your Limits With Alcohol: A practical guide to assessing your drinking:  
[https://www.ccsa.ca/sites/default/files/2019-08/CCSA-Knowing-Your-Limits-with-Alcohol-Guide-2019-en\\_0.pdf](https://www.ccsa.ca/sites/default/files/2019-08/CCSA-Knowing-Your-Limits-with-Alcohol-Guide-2019-en_0.pdf)
- Regina Sexual Assault Centre:  
<https://www.reginasexualassaultcentre.ca/online-webinars-and-resources.html>

- Canadian Centre on Substance Use and Addiction (CCSA): Virtual care crucial during COVID-19  
[https://www.ccsa.ca/virtual-care-crucial-during-covid-19?\\_cldee=Y2FycmllLmdhc2tpbkBoYy1zYy5nYy5jYQ%3d%3d&recipientid=contact-a3f9ece4f1d1e6118105480fcfeaa931-84e05b1808e44b7b93ddfefff5595bbf&esid=7390793d-2eba-ea11-a812-000d3af42c56](https://www.ccsa.ca/virtual-care-crucial-during-covid-19?_cldee=Y2FycmllLmdhc2tpbkBoYy1zYy5nYy5jYQ%3d%3d&recipientid=contact-a3f9ece4f1d1e6118105480fcfeaa931-84e05b1808e44b7b93ddfefff5595bbf&esid=7390793d-2eba-ea11-a812-000d3af42c56)
- CCSA: Virtual Care for Mental Health and Substance Use During COVID-19  
<https://www.ccsa.ca/sites/default/files/2020-06/CCSA-COVID-19-Virtual-Care-Mental-Health-Substance-Use-2019-en.pdf>
- Thunderbird Partnership Foundation - Managing Safe Alcohol Use During COVID-19:  
[https://thunderbirdpf.org/wp-content/plugins/pdfjs-viewer-shortcode/pdfjs/web/viewer.html?file=https://thunderbirdpf.org/wp-content/uploads/2020/04/Fact-Sheet\\_COVID19-Alcohol.pdf&download=true&print=true&openfile=false&\\_cldee=Y2FycmllLmdhc2tpbkBoYy1zYy5nYy5jYQ%3d%3d&recipientid=contact-a3f9ece4f1d1e6118105480fcfeaa931-2eb4051840204b7c85fcdd8043fc11e&esid=fadc3254-a79a-ea11-a813-000d3af42c56](https://thunderbirdpf.org/wp-content/plugins/pdfjs-viewer-shortcode/pdfjs/web/viewer.html?file=https://thunderbirdpf.org/wp-content/uploads/2020/04/Fact-Sheet_COVID19-Alcohol.pdf&download=true&print=true&openfile=false&_cldee=Y2FycmllLmdhc2tpbkBoYy1zYy5nYy5jYQ%3d%3d&recipientid=contact-a3f9ece4f1d1e6118105480fcfeaa931-2eb4051840204b7c85fcdd8043fc11e&esid=fadc3254-a79a-ea11-a813-000d3af42c56)
- Breaking Free from Substance Abuse online coping/goal setting tool:  
<https://www.breakingfreeonline.ca/>

### Remote and Online Substance Use Supports

- Alcoholics Anonymous:  
<http://www.alcoholics-anonymous.org/?Media=PlayFlash>
- Drug and Alcohol Help Line:  
<http://www.drugandalcoholhelpline.ca/>
- Online Resources of Support for People with Substance Use Disorders: Various links compiled by the Canadian Society of Addiction Medicine:  
[https://csam-smca.org/wp-content/uploads/2020/03/Online-Resources-of-support-for-people-with-substance-use-disorders.pdf?\\_cldee=Y2FycmllLmdhc2tpbkBoYy1zYy5nYy5jYQ%3d%3d&recipientid=contact-a3f9ece4f1d1e6118105480fcfeaa931-4d0906e8417940eab590a0a63f621ff2&esid=df3b620d-cf8e-ea11-a811-000d3af42c56](https://csam-smca.org/wp-content/uploads/2020/03/Online-Resources-of-support-for-people-with-substance-use-disorders.pdf?_cldee=Y2FycmllLmdhc2tpbkBoYy1zYy5nYy5jYQ%3d%3d&recipientid=contact-a3f9ece4f1d1e6118105480fcfeaa931-4d0906e8417940eab590a0a63f621ff2&esid=df3b620d-cf8e-ea11-a811-000d3af42c56)

### Self Care and Other Resources:

- Centre for the Study of Traumatic Stress- Psychological Effects of Quarantine During the Coronavirus Outbreak: What Public Health Leaders and Healthcare Providers Need to Know:  
<https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response>
- Therapist aid: Fact Sheets and Resources on Mental Health and Self Care:  
<https://www.therapistaid.com/>
- Psychology Today: How to Stay Emotionally Healthy During the Coronavirus Outbreak:  
<https://www.psychologytoday.com/ca/blog/hope-resilience/202003/how-stay-emotionally-healthy-during-the-coronavirus-outbreak>
- Mental Health Foundation UK- Looking after yourself during the corona virus pandemic:  
<https://mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>
- Mind UK- COVID-19 and your wellbeing:  
<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse832ce>
- World Health Organisation- Mental health in the age of COVID-19:  
<https://news.un.org/en/story/2020/03/1059542>
- Helping children cope with stress during COVID-19 pandemic:  
<https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf>
- How to Cope With Anxiety about Coronavirus:  
<https://www.verywellmind.com/managing-coronavirus-anxiety-4798909>
- Funeral Information Sheet:  
<http://edutherapysolutions.com/funerals-and-grief-information/>

- Canadian Sleep Society:  
<https://css-scs.ca>
- Concordia University Sleep Information Page:  
<https://www.concordia.ca/students/health/topics/sleep.html>
- MedlinePlus Sleep Tips:  
[https://medlineplus.gov/ency/patientinstructions/000853.htm?utm\\_source=newsletter&utm\\_campaign=april\\_1\\_2020](https://medlineplus.gov/ency/patientinstructions/000853.htm?utm_source=newsletter&utm_campaign=april_1_2020)
- Faces and Voices of Recovery- Corona Virus 2019 (COVID 19) & the Recovery Community:  
[https://mailchi.mp/facesandvoicesofrecovery/covid-19\\_statement?e=2103b7c985&fbclid=IwAR2dPBB30KYzUipdYnr-Qh3ivq1xzGX\\_GI-sPLGAXVNuwlxDayuMap\\_Dnpw&utm\\_source=all+IRETA+communications&utm\\_campaign=b564039d89-EMAIL\\_CAMPAIGN\\_2020\\_03\\_12\\_06\\_09&utm\\_medium=email&utm\\_term=0\\_5cec8dc768-b564039d89-102799897&mc\\_cid=b564039d89&mc\\_eid=5863e649](https://mailchi.mp/facesandvoicesofrecovery/covid-19_statement?e=2103b7c985&fbclid=IwAR2dPBB30KYzUipdYnr-Qh3ivq1xzGX_GI-sPLGAXVNuwlxDayuMap_Dnpw&utm_source=all+IRETA+communications&utm_campaign=b564039d89-EMAIL_CAMPAIGN_2020_03_12_06_09&utm_medium=email&utm_term=0_5cec8dc768-b564039d89-102799897&mc_cid=b564039d89&mc_eid=5863e649)
- Elsevier Novel Coronavirus Information Center:  
<https://www.elsevier.com/connect/coronavirus-information-center>
- Experiencing Acts of Violence. Recovery and Coping Strategies:  
<http://homewood-production.s3.amazonaws.com/attachments/5b55f450a9c93a8424347044-original.pdf>
- Self Care Resource Kit (Homewood Health):  
[http://www.queensu.ca/humanresources/sites/webpublish.queensu.ca/hrdwww/files/files/wellness/mentalhealth/HH\\_Self\\_Care\\_Resource\\_Kit.pdf](http://www.queensu.ca/humanresources/sites/webpublish.queensu.ca/hrdwww/files/files/wellness/mentalhealth/HH_Self_Care_Resource_Kit.pdf)
- The University of Saskatchewan (USask) PAWS Your Stress Therapy Dog program:  
<https://news.usask.ca/articles/colleges/2020/online-therapy-dog-program-showing-positive-results,-usask-professor-says.php>
- PAWS Your Stress on YouTube:  
<https://www.youtube.com/channel/UcktTwbHipNjEReDp9lahWhQ>
- Mind Control: Managing Your Mental Health During COVID-19:  
<https://www.coursera.org/learn/manage-health-covid-19>
- Is there a cost to protecting, caring for and saving others? Beware of Compassion Fatigue:  
<https://www.camh.ca/en/camh-news-and-stories/is-there-a-cost-to-protecting-caring-for-and-saving-others-beware-of-compassion-fatigue>
- Turn Empathy into Compassion Without the Empathic Distress. Research shows ways to avoid empathy's pitfalls while remaining altruistic.  
<https://www.psychologytoday.com/ca/blog/pulling-through/201912/turn-empathy-compassion-without-the-empathic-distress>
- Anxiety Canada: Returning to a New Normal: 12 Tips for Handling Uncertainty:  
<https://www.anxietycanada.com/articles/returning-to-a-new-normal-12-tips-for-handling-uncertainty/>
- Morning Star Lodge: COVID-19 Fact Sheets:  
<http://www.indigenoushealthlab.com/protecting-our-home-fires>
- Mental Health Commission of Canada (MHCC): How can I help my team?  
<https://www.espritautravail.ca/sites/default/files/how-can-i-help-my-team-healthcare-poster-en.pdf>
- Mental Health Commission of Canada (MHCC): Coping with Stress, Anxiety and Substance Use during COVID 19:  
<https://www.ccsa.ca/coping-stress-anxiety-and-substance-use-during-covid-19-infographic>
- Mental Health Commission of Canada (MHCC): Coping with Stress, Anxiety and Substance Use during COVID 19 - How animals can help:  
<https://www.ccsa.ca/sites/default/files/2020-06/CCSA-COVID-19-Coping-with-Stress-Anxiety-Substance-Use-Animals-Can-Help-Infographic-2020-en.pdf>
- Mental Health Commission of Canada: How to Manage Anxiety as the Lockdown Lifts (Tip Sheet):  
[https://www.mentalhealthcommission.ca/sites/default/files/2020-06/COVID\\_19\\_tip\\_sheet\\_Returning\\_to\\_work\\_eng\\_0.pdf](https://www.mentalhealthcommission.ca/sites/default/files/2020-06/COVID_19_tip_sheet_Returning_to_work_eng_0.pdf)
- Mental Health Commission of Canada: 13 Factors Addressing Mental Health in the Workplace (Videos):  
<https://www.youtube.com/playlist?list=PL2NuAPXp8ohZmoVaECI6sRiV9IQ25Xkld>
- Mental Health Commission of Canada: 13 Factors Addressing Mental Health in the Workplace:  
[https://www.mentalhealthcommission.ca/sites/default/files/2019-02/13\\_factors\\_posters\\_eng.pdf](https://www.mentalhealthcommission.ca/sites/default/files/2019-02/13_factors_posters_eng.pdf)
- Mental Health Commission of Canada (MHCC): Managing COVID-19 Financial Stress Tip Sheet  
[https://www.mentalhealthcommission.ca/sites/default/files/2020-06/covid\\_tip\\_sheet\\_financial\\_stress\\_eng.pdf](https://www.mentalhealthcommission.ca/sites/default/files/2020-06/covid_tip_sheet_financial_stress_eng.pdf)

- Mental Health Commission of Canada (MHCC): Backgrounder Building Workplace Mental Health  
[https://www.mentalhealthcommission.ca/sites/default/files/2020-06/Backgrounder\\_Building\\_Workplace\\_Mental\\_Health\\_eng.pdf](https://www.mentalhealthcommission.ca/sites/default/files/2020-06/Backgrounder_Building_Workplace_Mental_Health_eng.pdf)
- Red Cross: 14 Day Well-Being Diary  
[https://pscentre.org/wp-content/uploads/2020/03/14-Day-Well-Being-Kit\\_ALL\\_English\\_HKRC\\_202003.pdf](https://pscentre.org/wp-content/uploads/2020/03/14-Day-Well-Being-Kit_ALL_English_HKRC_202003.pdf)
- World Health Organization (WHO): Doing What Matters in Times of Stress - An Illustrated Guide  
<https://www.who.int/publications/i/item/9789240003927>
- WorkSafe Saskatchewan COVID Resources: Information on COVID related safety in work environments including home, office, and job site with some mental health focused content:  
[http://www.worksafesask.ca/covid-19/?doing\\_wp\\_cron=1599791354.9770441055297851562500](http://www.worksafesask.ca/covid-19/?doing_wp_cron=1599791354.9770441055297851562500)
- Mind Your Mind: Self care during COVID-19:  
<https://mindyourmind.ca/wellness/self-care-during-covid-19>
- Four self-care habits to practice at work:  
<https://www.mindful.org/four-self-care-habits-to-practice-at-work/>
- Canadian Centre for Occupational Health and Safety: Preventing Stigma - COVID-19 Tips:  
[https://www.ccohs.ca/images/products/pandemiccovid19/pdf/preventing\\_stigma.pdf](https://www.ccohs.ca/images/products/pandemiccovid19/pdf/preventing_stigma.pdf)
- CEO Health + Safety Leadership Network: Managing irritability before it turns into aggression:  
<http://www.ceohsnetwork.ca/blog/psychological-safety/managing-irritability-before-it-turns-to-aggression/>
- Center for Mindful Self-Compassion: New research shows benefits of self-compassion on physical health  
[https://centerformsc.org/newly-released-meta-analysis-finds-that-people-with-higher-levels-of-self-compassion-are-more-likely-to-have-better-global-health/?ck\\_subscriber\\_id=925224079](https://centerformsc.org/newly-released-meta-analysis-finds-that-people-with-higher-levels-of-self-compassion-are-more-likely-to-have-better-global-health/?ck_subscriber_id=925224079)
- [PositivePsychology.com](https://positivepsychology.com): 16 compassion focused therapy training exercises and worksheets  
<https://positivepsychology.com/compassion-focused-therapy-training-exercises-worksheets/>
- Center for Mindful Self-Compassion: New research shows benefits of self-compassion on physical health  
[https://centerformsc.org/newly-released-meta-analysis-finds-that-people-with-higher-levels-of-self-compassion-are-more-likely-to-have-better-global-health/?ck\\_subscriber\\_id=925224079](https://centerformsc.org/newly-released-meta-analysis-finds-that-people-with-higher-levels-of-self-compassion-are-more-likely-to-have-better-global-health/?ck_subscriber_id=925224079)
- [PositivePsychology.com](https://positivepsychology.com): 16 compassion focused therapy training exercises and worksheets  
<https://positivepsychology.com/compassion-focused-therapy-training-exercises-worksheets/>
- PsychCentral: Creating a self-care plan to survive stressful times  
<https://psychcentral.com/blog/creating-a-self-care-plan-to-survive-stressful-times/>
- Canadian Mental Health Association (CMHA): Wellness toolbox  
[https://52948384-615c-4e8b-8ff6-4bb7eee8dab1.filesusr.com/ugd/40a88c\\_3eccdee0bb504414a41c968733de09b3.pdf](https://52948384-615c-4e8b-8ff6-4bb7eee8dab1.filesusr.com/ugd/40a88c_3eccdee0bb504414a41c968733de09b3.pdf)
- Kristin Neff Mindfulness Exercises: Main Page  
<https://mindfulnessexercises.com/teacher/kristin-neff/>
- Kristin Neff Mindfulness Exercises: A Mindful Guide for Coronavirus Anxiety  
<https://mindfulnessexercises.com/mindful-guide-for-coronavirus-anxiety/>
- Beyond Blue: How Mindfulness Can Help During the Coronavirus Outbreak  
<https://www.beyondblue.org.au/personal-best/pillar/wellbeing/how-mindfulness-can-help-during-the-coronavirus-outbreak>
- AnimateEducate: Neuroscience of Mindfulness Meditation in 4 Minutes  
[https://www.youtube.com/watch?v=vo\\_VANW35b0](https://www.youtube.com/watch?v=vo_VANW35b0)
- Happify: Why Mindfulness is a Superpower  
<https://www.youtube.com/watch?v=w6T02g5hnT4>
- Mental Health Commission of Canada (MHCC): Cultivating resilience in the wake of COVID-19  
[https://www.mentalhealthcommission.ca/sites/default/files/2020-09/covid\\_19\\_tip\\_sheet\\_resilience\\_eng.pdf](https://www.mentalhealthcommission.ca/sites/default/files/2020-09/covid_19_tip_sheet_resilience_eng.pdf)
- TED Talks - Dr. Caroline Adelman - Navigating in Darkness: Stories of Resilience  
<https://www.youtube.com/watch?v=s3bfIKQCLvE>



**Government of Saskatchewan Resources:**

- Government of Saskatchewan:  
<https://www.saskatchewan.ca/>
- Saskatchewan Child Protection Fact Sheet:  
<https://drive.google.com/file/d/1FPCTQ6GpbjPtoT1R4eEJ843SI1CvcQxb/view>
- Saskatchewan Child Abuse Protocol:  
[https://drive.google.com/file/d/1fl\\_AgldOVjwZxYH55pL-bZ-xV1KlpoJ1/view](https://drive.google.com/file/d/1fl_AgldOVjwZxYH55pL-bZ-xV1KlpoJ1/view)
- Saskatchewan Duty to Report:  
<https://drive.google.com/file/d/1NVb-m58643x6p3yo8UZGekBYmZviC5lf/view>
- Mental Health and Addictions Support Services:  
<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services/mental-health-support/seeking-professional-help>
- Resolving Health Care Concerns and Complaints:  
<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/resolving-health-care-concerns-and-complaints>
- SHA Mental Health and Addictions Service Directory:  
<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services/mental-health-support/mental-health-services>

**Domestic Violence Resources:**

- Being in an Abusive Home During COVID-19: Tips and Resources:  
[https://www.mentalhealthcommission.ca/sites/default/files/2020-05/COVID\\_Fact\\_Sheets\\_Domestic\\_Violence\\_eng.pdf](https://www.mentalhealthcommission.ca/sites/default/files/2020-05/COVID_Fact_Sheets_Domestic_Violence_eng.pdf)
- Saskatchewan Towards Offering Partnership Solutions (STOPS) to Violence:  
<http://www.stopstoviolence.com/>
- Interpersonal Violence and Abuse Programs:  
<https://www.saskatchewan.ca/residents/justice-crime-and-the-law/victims-of-crime-and-abuse/interpersonal-violence-and-abuse-programs>
- STOPS to Violence: Getting Out Guide:  
<https://www.violencelink.ca/go>
- STOPS to Violence: Getting Out Escape Planner:  
<https://pathssk.org/wp-content/uploads/2011/06/Escapes-Planner-2014.pdf>
- Kids Matter Pre-presentation package – Presented by STOPS:  
[https://drive.google.com/file/d/1-zuvglDzz6jYq21h\\_T2XDuz8SmBSROG/view](https://drive.google.com/file/d/1-zuvglDzz6jYq21h_T2XDuz8SmBSROG/view)
- Kids Matter Post-Presentation package - Presented by STOPS:  
<https://drive.google.com/file/d/1-cYP9NvRxb9U6GcmjQliZZ-sn2Z1UoF/view>
- Western University Centre for Research & Education on Violence Against Women & Children: Stress, Interpersonal Violence and COVID-19 Poster.  
<http://kh-cdc.ca/en/img/KH-infographic-covid-1.pdf>

**Provincial Association of Transition Houses and Services of Saskatchewan (PATHS) Research & Fact Sheets Research & Reports:**

- Report (2016): The Link: Interpersonal Violence and Abuse and Animal Safekeeping:  
<https://pathssk.org/wp-content/uploads/2011/04/The-Link-Final-Report-1.pdf>
- Article- Journal of Interpersonal Violence (2017): Examining the Relationship Between Intimate Partner Violence and Concern for Animal Care and Safekeeping:  
<https://pathssk.org/wp-content/uploads/2019/12/Wuerch-Giesbrecht-Price-2017.pdf>
- Origins of Violence and Strategies for Change: Paper (2013):  
<https://pathssk.org/wp-content/uploads/2011/04/Origins-of-Violence-and-Strategies-for-Change-The-Paper-1.pdf>

- Origins of Violence and Strategies for Change: Summary (2013):  
<https://pathssk.org/wp-content/uploads/2011/04/O-of-V-Summary.pdf>
- Article- Journal of Interpersonal Violence (2018): Intimate Partner Violence and Concern for Animal Care and Safekeeping: Experiences of Service Providers in Canada:  
<https://pathssk.org/wp-content/uploads/2019/12/Wuerch-Giesbrecht-Jeffrey-2018.pdf>

**Intimate Partner Violence & the Workplace:**

- Report (2018): Intimate Partner Violence & the Workplace: Results of a Saskatchewan Study:  
<https://pathssk.org/wp-content/uploads/2019/12/Wuerch-Giesbrecht-Jeffrey-2018.pdf>
- Infographic, booklets, and more about the project:  
<https://pathssk.org/ipv-workplace/>

**Risk Assessment:**

- Article- Crime Scene (2019): ODARA 101: Look What's New!  
<https://cpa.ca/docs/File/Sections/Criminal%20Justice%20Psychology/SpringSummer%202019%20Newsletter.pdf>
- Canadian Domestic Homicide Prevention Initiative with Vulnerable Populations (CDHPIVP) Brief 2 (2016): Domestic Violence Risk Assessment: Informing Safety Planning & Risk Management:  
[http://cdhpi.ca/sites/cdhpi.ca/files/Brief\\_2\\_Final\\_0.pdf](http://cdhpi.ca/sites/cdhpi.ca/files/Brief_2_Final_0.pdf)

**Nato' we ho win:**

- Poster Presentation (2019): Nato' we ho win: Exploring Protective Factors to Engage Resiliency:  
<https://pathssk.org/wp-content/uploads/2020/01/nato-we-ho-win-Poster-1.pdf>
- Poster Presentation (2019): Nato' we ho win: Using Cultural Expressive-Arts to Develop Resiliency:  
<https://pathssk.org/wp-content/uploads/2020/01/natowe-ho-win-Poster-2.pdf>

**Youth Resources**

- 5 Body Safety Rules Every Kid Should Know by Age 5:  
<https://drive.google.com/file/d/1-8QvZSvHDJ5RoUUzK-RESiW9LwiU3stK/view>
- 7 Root Safety Strategies for Kids:  
[https://drive.google.com/file/d/1-TMzD-9af8CmY0xS\\_MZUSeed9hv0ZS8B/view](https://drive.google.com/file/d/1-TMzD-9af8CmY0xS_MZUSeed9hv0ZS8B/view)
- Kid Power Safety Tips for Parents, Teachers & Coaches:  
<https://drive.google.com/file/d/1i8Is5rfzKiPC7mCWJUbxYJ0OpzcuCQK/view>
- How to Help Children Through Conflict:  
[https://drive.google.com/file/d/1-M-\\_NkyfQj7S-EFGnlkSmktoGGemm9Li/view](https://drive.google.com/file/d/1-M-_NkyfQj7S-EFGnlkSmktoGGemm9Li/view)
- Respecting the Kids in our Care:  
<https://drive.google.com/file/d/1ci1wVxatqnyH-L8mzScUq9aLDrcbwJ9F/view>
- Kids Help Phone How to Help a Friend:  
<https://drive.google.com/file/d/1-RQjWqZFPwrYBj2fjX2t1RAfyop8fqfA/view>
- We Matter Website. Messages and toolkits for youth, teachers, and support workers to support youth during challenging times:  
<https://wemattercampaign.org/>
- The Saskatchewan Alliance for Youth and Community Wellbeing:  
<https://saycw.com>
- Access Open Minds: A national network connecting youth, families and carers, researchers, service providers and policy makers to improve youth mental health across Canada:  
<https://accessopenminds.ca>
- Western University Centre for Research & Education on Violence Against Women & Children: 7 Factors that Promote Children's Resilience:  
<http://www.vawlearningnetwork.ca/our-work/infographics/protectivefactors/7-Protective-Factors-that-Promote-Childrens-Resilience.pdf>
- Youth Mental Health Canada (YMHC): Mental health resources during the COVID-19 outbreak:  
<https://ymhc.ngo/resources/covid-19/#1585793929301-8345ad3b-9605>



- COVID-19 resources from agencies within Canada and internationally in relation to children and young people: <https://www.mentalhealthcommission.ca/English/external-covid-19-resources-children-youth>
- The [Conversation.com](https://theconversation.com/how-to-support-kids-and-teens-mental-health-during-the-covid-19-pandemic-138475): How to support kids' and teens' mental health during the COVID-19 pandemic: <https://theconversation.com/how-to-support-kids-and-teens-mental-health-during-the-covid-19-pandemic-138475>
- Government of Canada: COVID-19 resources for young adults and students: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/resources-youth-students.html>
- Government of Canada: COVID-19 resources for parents and children: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/resources-parents-children.html>
- Canadian Red Cross: COVID-19 Resources for Indigenous Youth: <https://www.redcross.ca/how-we-help/current-emergency-responses/covid-19-%E2%80%93-novel-coronavirus/covid-19-resources-for-indigenous-youth>
- Kids Help Phone: How I can cope with my feelings about the future: <https://kidshelpphone.ca/get-info/how-can-i-cope-with-my-feelings-about-the-future/>
- Canadian Red Cross: 21 Days of Hope Youth Resource: [https://www.redcross.ca/crc/documents/How-We-Help/Current-Emergency-Responses/COVID-19/21-Days-of-Hope\\_EN.pdf](https://www.redcross.ca/crc/documents/How-We-Help/Current-Emergency-Responses/COVID-19/21-Days-of-Hope_EN.pdf)
- Youth Mental Health Canada: Youth Mental Wellness Resources: <https://ymhc.ngo/>
- Ontario Centre of Excellence for Child & Youth Mental Health: COVID-19 Resources: <https://www.cymh.ca/en/projects/covid-19.aspx#English-resources>

