

DYSTONIA  
MEDICAL  
RESEARCH  
FOUNDATION  
CANADA



FONDATION DE  
RECHERCHE  
MÉDICALE SUR LA  
DYSTONIE  
CANADA

*serving all dystonia-affected persons  
désservant toutes personnes atteintes de dystonie*

## SASKATCHEWAN

Mobile Crisis Services

Website: <http://www.mobilecrisis.ca/mental-health-and-crisis>

Phone: (306) 757-0127

Address: 1646 11th Ave.

Regina, SK S4P 1V6

Canadian Mental Health Association Saskatchewan

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

E-mail: [contactus@cmhask.com](mailto:contactus@cmhask.com)

Phone: 1 (800) 461-5483

Address: 2702 12th Ave.

Regina, SK S4T 1J2

211 Saskatchewan

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

Phone: 2-1-1

Saskatchewan Prevention Institute

Website: <https://skprevention.ca/mental-health/>

Phone: (306) 651-4300

Address: 1319 Colony St.

Saskatoon, SK S7M 2Z1

### Estevan

Canadian Mental Health Association Estevan

E-mail: [dpf.smileservicesinc@sasktel.net](mailto:dpf.smileservicesinc@sasktel.net)

Phone: (306) 634-6428

Address: 1201 2nd St.

Estevan, SK S4A 0M2

Sun Country Health Region Mental Health Services

Website: <https://www.suncountry.sk.ca/service/58/88/mental-health-services.html>

E-mail: [info@schr.sk.ca](mailto:info@schr.sk.ca)

Phone: 1 (800) 326-7689  
Address: 808 Souris Valley Rd.  
Weyburn, SK S4H 2Z9

### **Moose Jaw**

Canadian Mental Health Association Moose Jaw  
Website: <http://www.cmhamj.com>  
E-mail: [cmha.mj@sasktel.net](mailto:cmha.mj@sasktel.net)  
Phone: (306) 692-4240  
Address: 650 Coteau St. W  
Moose Jaw, SK S6H 5E6

Hills Health Region Mental Health & Addictions Services  
Website: <https://www.fhhr.ca/MentalHealth.htm>  
Phone: (306) 691-6464  
Address: 55 Diefenbaker Dr.  
Moose Jaw, SK S6J 0C2

### **North Battleford**

Canadian Mental Health Association Battlefords  
Website: <https://www.facebook.com/BattlefordsCMHA/>  
E-mail: [jane.cmhanb@sasktel.net](mailto:jane.cmhanb@sasktel.net)  
Phone: (306) 446-7177  
Address: 1602-103 St.  
North Battleford, SK S9A 1L7

Prairie North Health Region Mental Health and Addictions Services  
Website: [http://www.pnrha.ca/bins/content\\_page.asp?cid=21-160](http://www.pnrha.ca/bins/content_page.asp?cid=21-160)  
Phone: (306) 446-6500  
Address: 1092-107th St.  
North Battleford, SK S9A 1Z1

### **Prince Albert**

Canadian Mental Health Association Prince Albert  
Website: <http://pa.cmha.ca>  
E-mail: [pacmha@sasktel.net](mailto:pacmha@sasktel.net)  
Phone: (306) 763-7747  
Address: 1322 Central Ave.  
Prince Albert, SK S6V 4W3

Prince Albert Parkland Health Region Addiction & Mental Health Services

Website: <http://paphr.ca/services/addiction-mental-health>

Phone: (306) 765-6055

Address: 2345 10th Ave. W

Prince Albert, SK S6V 6J7

Prince Albert Mental Health Centre

E-mail: [djurgens@pahd.sk.ca](mailto:djurgens@pahd.sk.ca)

Phone: (306) 765-6055

Address: Box 3003

2345 10th Asve. W

Prince Albert, SK S6V 6N4

## **Regina**

Canadian Mental Health Association Regina

Website: <http://cmharegina.com>

E-mail: [info@cmharegina.com](mailto:info@cmharegina.com)

Phone: (306) 525-9543

Address: 1810 Albert St.

Regina, SK S4P 2S8

Regina Qu'Appelle Health Region Mental Health

Website: <http://www.rqhealth.ca/departments/mental-health>

E-mail: [info@saskhealthauthority.ca](mailto:info@saskhealthauthority.ca)

Phone: (306) 766-7800

Address: 2110 Hamilton St., 3rd floor

Regina, SK S4P 2E3

Understand Us

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

E-mail: [info@understandus.ca](mailto:info@understandus.ca)

The Caring Place

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

E-mail: [tcp@accesscomm.ca](mailto:tcp@accesscomm.ca)

Phone: (306) 347-2273

Address: 2146 Robinson St.

Regina, SK S4T 2P7

## **Saskatoon**

Mobile Crisis Intervention Services: (306) 933-6200

Canadian Mental Health Association Saskatoon

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

E-mail: [info@cmhasaskatoon.ca](mailto:info@cmhasaskatoon.ca)

Phone: (306) 384-9333

Address: 1301 Avenue P N.

Saskatoon, SK S7L 2X1

Saskatoon Health Region Mental Health and Addiction Services

Website: [https://www.saskatoonhealthregion.ca/locations\\_services/Services/mhas](https://www.saskatoonhealthregion.ca/locations_services/Services/mhas)

E-mail: [general.inquiries@saskatoonhealthregion.ca](mailto:general.inquiries@saskatoonhealthregion.ca)

Phone: (306) 655-7777

Address: 122 3rd Ave. N, Suite 156

Sturdy Stone Building S7K 2H6

Directory of Mental Health and Addictions Services in Saskatchewan

*Provided by the Government of Saskatchewan*

<http://publications.gov.sk.ca/documents/13/106350-MHA-Services-Directory-Saskatchewan-2018.pdf>

## **Swift Current**

Canadian Mental Health Association Swift Current

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

E-mail: [directorsc@sasktel.net](mailto:directorsc@sasktel.net)

Phone: (306) 778-2440

Address: 176 4th Ave. NW

Swift Current, SK S9H 0T6

Cypress Health Region Mental Health and Addiction Services

Website: <https://cypresshealth.ca/programs-services/mental-health-addiction-services/>

Phone: 1 (877) 329-0005

Address: 429 4th Ave. NE

Swift Current, SK S9H 2J9

## **NATIONAL RESOURCES**

Canadian Mental Health Association

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

E-mail: [info@cmha.ca](mailto:info@cmha.ca)

Address: Canadian Mental Health Association, National

500-250 Dundas Street West

Toronto, ON M5T 2Z5

National Network for Mental Health

Website: <http://www.nnmh.ca>

eMentalHealth.ca

Website: <http://www.ementalhealth.ca>

Address: Children's Hospital of Eastern Ontario

Suite 200, 311 McArthur Ave.

Ottawa, ON K1L 8M3

## ONLINE RESOURCES

Online Therapy Unit

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

E-mail: [online.therapy.user@uregina.ca](mailto:online.therapy.user@uregina.ca)

Phone: 1 (306) 337-3331

Address: 3737 Wascana Parkway

Regina, SK S4S 0A2

Therapy Assisted Online

Website: <https://www.taoconnect.org>

E-mail: [HowCanIHelpYou@taoconnect.org](mailto:HowCanIHelpYou@taoconnect.org)

Phone: 1 (844) 438-8262

Address: St.Petersburg Office

600 1st Ave N

Suit 305

St. Petersburg, FL 33701

Big White Wall

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