

# Mental Health Resources: Emergency Counselling

If you or someone you know is in crisis, please contact these services as soon as possible.

## Student Counselling Services:

Monday – Friday 8:30 a.m. to 4:30 p.m.

Phone: 306-585-4491

**After 4:30 p.m., weekends and stat holidays, contact any of these:**

### Available 24/7:

Mobile Crisis - 306-757-0127

Crisis Line - 306-585-5333

Canada Crisis Text Line - 686868



If in immediate danger,  
call Emergency Services:  
Dial 911

Campus Security are also available 24/7 and can be reached at 306-585-4999

### Additional Mental Health Resources:

Canadian Mental Health Association: [www.cmha.ca](http://www.cmha.ca)

Mental Health Commission of Canada: <https://www.mentalhealthcommission.ca/English>