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

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](https://www.mentalhealthcommission.ca/English)