

COMMUNITY INFORMATION AND REFERRAL

CMHA Saskatoon is often the first place people come for information about what's available in the community for mental health supports and services. Whether for oneself or a family member we can help find and access local services and programs.

TRAINING, EDUCATION AND AWARENESS

Our staff deliver a wide range of training opportunities including Mental Health First Aid and SafeTalk. As well, we develop customized presentations and workshops on mental health for people of all ages.

We host several support groups in our office, facilitated by staff and committed volunteers. Check out the calendar on our website or call our office for more information.



Canadian Mental
Health Association
Saskatoon
Mental health for all

COMMUNITY PARTNERSHIPS

CMHA Saskatoon works collaboratively with individuals and agencies that support mental health. We participate in and lead community projects and initiatives.

CONNECT WITH US

You can contact us directly and we welcome referrals from other agencies, government and health professionals. If you or someone you know needs help and information, give us a call, send an email, check out our website or drop by.

Phone: 306-384-9333
Website: <http://saskatoon.cmha.ca/>
1301 Avenue P North
Saskatoon, SK S7L 2X1
twitter, Facebook Instagram

Inquiries: info@cmhasaskatoon.ca

We are located on Treaty 6 Territory, the traditional territory of the Cree Peoples and the Homeland of the Métis Nation

Established in 1948, CMHA Saskatoon is part of a network of over 300 local branches across Canada. Together, we help build healthy communities and work to end the stigma around mental illness.



OUR MISSION AND VALUES

CMHA Saskatoon is a community driven organization that:

- Believes mentally healthy people create mentally healthy communities
- Helps people find the resources they need to maintain and improve their mental health
- Builds resilience and supports positive mental health and well being
- Embraces the voice of people with mental health needs
- Promotes inclusion
- Uses evidence-based research and practice to inform our work
- Works collaboratively and is transparent and accountable.

WHAT WE DO

CMHA Saskatoon provides a variety of programs and supports including:

- education and awareness
- counselling and vocational programs
- special projects
- support groups

We assist people to navigate the mental health systems and we deliver a full range of employment supports geared to meet individual needs and goals.

Our team includes a skilled job developer, life skills coach, employment counsellors, trainers and educators, labour consultants, mental health workers and committed volunteers.

PROGRAMS AND SERVICES

LIFE SKILLS

Ours is an 18-week, strength-based program delivered twice each year. Students learn through a variety of classroom activities, work and volunteer placements, and explore education and community recreation programs. Our staff support students through an active learning process, to plan and work toward greater personal satisfaction and long-term wellness.

EMPLOYMENT AND PRE-EMPLOYMENT

We support people to explore vocational interests, educational goals and mental health needs by:

- Looking at the challenges and opportunities that impact the capacity to obtain work
- Providing support to develop resumes and career plans, funding for educational and training programs and assistance with job interviews, applications and placements
- Working with employers to support skill development and implement workplace accommodations.

ONGOING MENTAL HEALTH SUPPORT

We provide support and counselling on topics such as coping with anxiety and stress, depression, trauma and other mental health concerns. Our staff also help people navigate and access community services and healthcare systems.

LABOUR CONSULTING

The first step in having a healthy, supportive work culture is to reduce the stigma of mental health in the workplace through education and awareness training.

We help employers develop and maintain productive, mentally healthy workplaces to better meet the demands of a fast-paced, ever changing workplace. By helping develop cost effective strategies, we can help improve recruitment and retention.

