



Mental Health and Wellbeing



A guide for

AGING WELL *in Regina*

is produced by Age-Friendly Regina
agefriendlyregina.ca

Age-Friendly Regina sincerely thanks the many organizations and partners whose ongoing support and encouragement have helped shape and sustain these guides over the years.



Saskatchewan
Health Authority



Please note: Information including programs and services, addresses, links, and email addresses may become out of date. No endorsement is made or intended for any of the services listed. The information provided is not exhaustive.

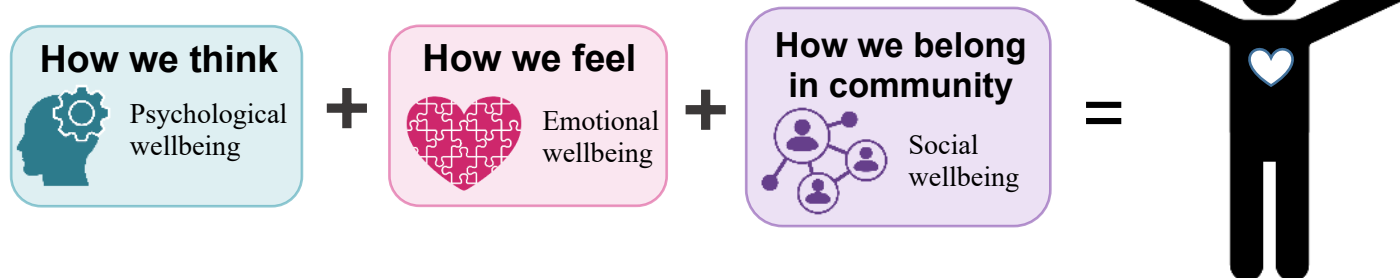




Mental Health and Wellbeing



Mental health and wellbeing includes...



Our mental health and wellbeing help determine how we handle stress, relate to others, and make choices. It is impacted by many factors. What is going on and how we feel changes a lot throughout our lives. This guide gives you somewhere to start depending on how you are feeling now. It can also be used to help people you know. We've broken it down into 3 areas:

If you or someone you know is...

Doing alright (or better!) and are interested in meeting new people, keeping your mind and body active, and getting involved in your community

Struggling - feeling sad, lonely, anxious, or have lost interest in things that you used to enjoy, and have felt this way for two weeks or more

In an urgent mental health crisis and at risk of harming yourself or others

...start in this section

**Boosting your
Mental Health and Wellbeing**
[Pages 1 - 12](#)

**Rebuilding your
Mental Health and Wellbeing**
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**Dealing with a
Mental Health Crisis**
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*You can click on the page numbers above to be taken to that section

This guide is part of the Aging Well in Regina series that also includes sections on:
Housing Supports and Housing Options, Transportation Options, and Crime Prevention and Safety

To access the guide online and for information about Age-Friendly Regina visit agefriendlyregina.ca

If you don't have access to a computer or need help finding the information,
please visit your nearest Regina Public Library for support.



Mental Health and Wellbeing

Boosting your Mental Health and Wellbeing



Psychological wellbeing



Emotional wellbeing



Social wellbeing



Boosting your Mental Health and Wellbeing

I am feeling okay, good, or even great!

I am interested in trying new things and connecting with more people.

I would like to get more involved in my community and keep my mind and body active.

If this sounds like you, this section of the guide is for you!

Being connected to a community is very important for your mental wellbeing. Community can be based on location, or something else you have in common. It is built through relationships. This section offers some ideas for how and where you can create opportunities to meet new people. You could try:



- Taking a class or attending a program or information session;
- Volunteering for a community organization;
- Joining a place of worship or attending Indigenous ceremony;
- Becoming part of a social group (think coffee) or other special interest group – or start your own!

↑ These symbols will quickly show you what each place can offer you. \$ = low cost Ⓢ = free

In this guide, we focus on some of the free or low-cost options, including:

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211 Saskatchewan



2-1-1 connects you to over 6,000 listings of social, [community](#), non-clinical health, and government services across the province. Telephone, text, and web chats connect you to trained professionals to help find and navigate the services you need. They also have a searchable website.

The website offers translation. When you call, service is available in over 175 languages, including 17 Indigenous languages.

211 Saskatchewan is:

- Free
- Confidential
- Available 24/7

You can call or text ☎ 2-1-1 (or call ☎ **1-306-751-0397**), or go online to sk.211.ca

The City of Regina

The City of Regina offers tons of recreation programs including swimming, arts and crafts, and sport and fitness. You are welcome to participate in any adult programming, but there are also some programs designed specifically for older adults as well. There are four main locations throughout the city including the:

- Sandra Schmirler Leisure Centre – 3130 Woodhams Dr.
- North West Leisure Centre – 1127 Arnason St.
- Sportsplex – Fieldhouse & Lawson Aquatic Centre – 1717 Elphinstone St.
- Neil Balkwill Civic Arts Centre – 2420 Elphinstone St.



Current programs, classes, and online registration can be found at: regina.ca/parks-recreation-culture/classes-programs/leisure-guide. You can also speak to someone about available programs and/or register by phone with a credit card at ☎ **(306) 777-PLAY (7529)**, or in-person at one of the locations listed above.

There are additional fitness opportunities at the outdoor pools (from June-September). Information about the pools and programs can be found here:

regina.ca/parks-recreation-culture/recreation-facilities/outdoor-swimming-pools-spray-pads

The City of Regina offers reduced rates for leisure passes and recreation programs through the “Affordable Access Program”. Your household income must meet the eligibility requirements and you must apply. Find more information and the application form at:

regina.ca/parks-recreation-culture/classes-programs/affordable-access-program

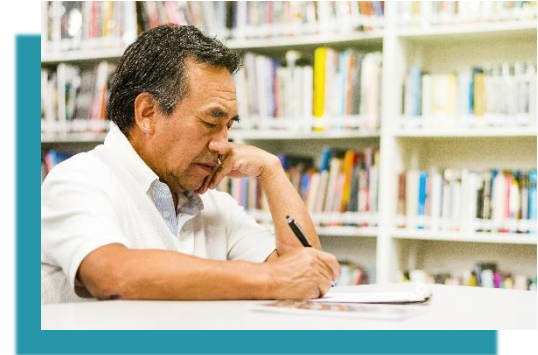


Regina Public Library



The Regina Public Library has locations throughout the city. A full list of services can be found here: reginalibrary.ca/services. Most services are free but there is a cost for printing and copying. Library branches have:

- Programs & events, which can be found here: attend.reginalibrary.ca/events;
- Access to computers with internet;
- Free Wi-Fi if you have your own device with you (cell phone, tablet, laptop);
- A large amount of resources you can borrow including hard copy and online books, magazines, newspapers, music, audio books, and videos (movies, documentaries, TV shows).
- Saskatchewan Regional Park passes you can borrow between June 1 and September 15;
- Staff who are happy to help you find what you are looking for and walk you through how to borrow or access it if it's new to you;
- Staff who can help if you have questions about how to use your device – to download apps, borrow electronic books or audio books, edit or share photos, etc. Please call ahead to book a time if you are wanting some one-on-one time;
- Opportunities to volunteer; and
- Tutoring and conversation opportunities if you are new to Canada.



Everyone can use the library. To borrow items, you need a valid library card. You can apply for a library card at any location or online: reginalibrary.ca/register/register-standard.

Albert Branch mâdawêyatitân centre 3355 6th Ave.	George Bothwell Branch Southland Mall 2965 Gordon Rd.	Regent Place Branch 331 Albert St.
Central Adult & Children's Library and the Digital Media Studio 2311 12th Ave.	Glen Elm Branch 1601 Dewdney Ave. E.	Sherwood Village Branch 6121 Rochdale Blvd.
Connaught Branch 3435 13th Ave.	Prince of Wales Branch 445 14th Ave.	Sunrise Branch 3130 E. Woodhams Dr. (Sandra Schmirler Leisure Ctr)

The Regina Public Library has one main phone number: ☎ **(306) 777-6000**. If you have questions or would like to know when a location is open you can call them or check their website: reginalibrary.ca



Community Associations



Community associations operate out of community centres and schools throughout the city. They play an important role by:

- Bringing community members together;
- Organizing community events;
- Providing programming and classes;
- Sharing information;
- Helping assess community needs;
- Representing the community regarding issues that impact the area or city as a whole; and
- Participating in planning and development opportunities throughout the city.

Joining one can be a great way to connect, socialize, and have a say in your community.

Regina has more than 25 community associations. Not sure which community you belong to? There is a map with all of the community associations and zone boards available on the City of Regina website: regina.ca/export/sites/Regina.ca/parks-recreation-culture/community/.galleries/pdfs/Community-Association-Zone-Board-Map.pdf

You can find the up-to-date list of them with links to their information online here: regina.ca/parks-recreation-culture/community/associations-boards. Each association offers different programming. Options are vast and include activities such as walking clubs, playing card games and drinking coffee, art, dance, martial arts, sports, and yoga classes. Some programs and events are offered for a fee, and some are free.

Note: Some associations may be able to offer a sponsorship or reduced rates for programming. If cost is a barrier for you, please ask your association's representative. Also, with a membership for one association you can attend programming in other communities as well.

The City of Regina Leisure Guide is updated twice each year and lists both City and community run recreation programs. The link to the Leisure Guide is here: regina.ca/parks-recreation-culture/classes-programs/leisure-guide. Check in the table of contents to find the "Zone Board and Community Association Programs."



Indigenous Grandmothers Caring for Grandchildren Support Network



This group of women caring for grandkids and other extended family members meet monthly to celebrate their strengths, share their experiences, talk about issues of concern, hear from guest speakers, and enjoy tea and bannock together. Grandmothers also participate in awareness campaigns as well as cultural events, tours, and activities.

Meetings are held on the 2nd Friday of most months from 10:30 a.m. to 12:30 p.m. at the Indigenous Christian Fellowship – 3131 Dewdney Ave. Shared rides provided. No contact information is available – please attend a meeting to get more information.

Community Gardens



Community Gardens can be found throughout Regina and are operated by community associations, zone boards, and other non-profit groups. They offer residents who may not have space for a garden at home the opportunity to plant and harvest fresh, healthy food. Gardens bring community members together to share and learn together in nature and often have volunteer opportunities available as well. The City of Regina maintains an interactive map of the sites of current gardens here: regina.ca/parks-recreation-culture/parks/gardens-flowers/#outline-community-gardens. You can click on the blue markers on the map to get more information about each garden.



Canadian Red Cross



The Canadian Red Cross offers the *Friendly Calls* program to help reduce isolation. This is a free program. Trained volunteers are paired with an individual to provide wellness checks and scheduled weekly phone calls. Calls can range from a two-minute check-in to a longer, more social chat. Volunteers can also help provide connections to community resources and other referral services.

For more information on how to volunteer or to sign up to participate in the program, please call ☎ (306) 721-1635; Email: friendlyvisittingsask@redcross.ca; or find them at <https://www.redcross.ca/in-your-community/saskatchewan>. On the webpage, scroll down and click on “Friendly Calls” under Programs and Services.



Forever...in Motion



Forever...in Motion classes help to improve and/or maintain the health of older adults living in the community through education and physical activity. Classes are led by trained volunteers and include endurance, strength, balance and flexibility activities which may be performed either sitting or standing. There are classes throughout Regina. Some are free and some are low cost.

For more information about the program, training to lead classes, or a listing of current classes, please call ☎ **306-766-7200**.

Intercultural Grandmothers Uniting



Intercultural Grandmothers Uniting is a network of First Nations, Métis, and other women who work together to build bridges of understanding, friendship and trust amongst races. Women in the group develop cross-cultural friendships and work together to overcome racism through discussion held with tea and bannock provided.

The group meets on the 3rd Friday of most months from 10:30 a.m. – 12:00 p.m. at the Indigenous Christian Fellowship – 3131 Dewdney Ave. Women of all cultures are invited to join the monthly gatherings. For more information and to confirm meeting details, call ☎ **(306) 585-5705**.

Seniors' University Group



SUG offers courses and learning opportunities in-person and over Zoom for community members who are 50+. The Lifelong Learning Centre (University of Regina) supports SUG's activities by providing free use of its facilities. It does not matter what level of education you have, the classes are non-credit that adults of all ages can enjoy. The course list changes throughout the year and includes a wide variety of topics such as:

- Arts and Entertainment
- Computers and Technology
- Languages
- Gentle Fitness and Movement
- Health and Lifestyle
- Science
- Social Studies



To register for a course you must be a SUG member, which is only \$5 per year. Courses vary in length and price (from \$10.00 to \$80.00). If cost is a barrier, bursaries are available to SUG members to make the course more affordable.

Social and special events are also held throughout the year. New volunteers are welcome at any time. Find more information at seniorsuniversitygroup.ca or email DiscoverWithSUG@gmail.com.

Nēwo Yōtina Friendship Centre



The Nēwo Yōtina Friendship Centre is located at 1635 11th Ave. and is open every day. It is a drop-in centre where you will find:

- access to a public washroom, phone, and computer
- photocopying, faxing and printing.
- coffee and toast daily and a hot lunch once a week (both until supplies last).

They also offer:

- *Four Winds Housing Program*, supporting people to find and maintain safe, secure, and affordable housing
- *Resolution Health Support Program*, providing emotional, spiritual, physical, and mental support to Indian residential school survivors, their families, and communities through programming and case management. They also promote healing and wellness by organizing programs, services and events using both Traditional and non-Traditional healing practices.
- *Nēwo Yōtina Powwow Program* from September to March, providing an opportunity for urban youth, adults, and Elders to be introduced to and to share their knowledge of the powwow circuit.
- And many other supports and services to individuals, families, and the community.

You can call the Nēwo Yōtina Friendship Centre at ☎ (306) 525-5042 or find out more information online at newoyotina.ca or by following their Facebook page.

Places of Worship



Places of worship include connections to community where you can participate in cultural practices and prayer, ceremonies and/or celebrations. They may be on the land or in a mosque, synagogue, church, shrine, or temple. They can be wonderful opportunities to connect with people who share your values and beliefs; they link you into the community they create and provide you with social support. They often offer opportunities to volunteer as well as programming.



To find one nearby you can:

- Use an online search engine like Google or yellowpages.ca to find different denominations in Regina, or “places of worship near you”,
- Call or text 2-1-1 - or do a search on their website at sk.211.ca
- Connect with some of the community organizations to find out about upcoming opportunities,
- Check out Regina Region Local Immigration Partnership’s list at: [Multi-Cultural-Faith-Based-Organizations](#)
- Check your phone book - there is a list of many places of worship in the Yellow Pages under “Church Organizations and Clergy.”

Printed Phonebooks

If you would like a printed Sasktel phone book, call Direct West at ☎ **1 (800) 667-8201**. They'll send you a phonebook or tell you where you can pick one up.

Prairie Spirit Connections



Prairie Spirit Connections is located at 809 Victoria Ave. The programs and services they offer work to support and improve the wellbeing of the Aboriginal community by helping them reconnect with their traditional cultural heritage and each other.

Among many other programs for people in different situations, they offer a Grandmother's Program. This program assists Grandmother's to build their self-esteem, explore, and learn through group sharing. They participate in cultural activities and have time for self-care and socialization with other Grandmothers.



Through the Centre, individuals can access to Elders, ceremonies, traditional teachings and crafts.

For more information, call ☎ **(306) 525-9682**, email prairiespiritconnections@gmail.com, or find them online at prairiespiritconnections.com



Regina 55+ Community Centre



The Regina 55+ Community Centre offers leisure activities and lifestyle programs tailored to all areas of interest and ability including sport, culture, recreation, fitness, and total wellbeing. They offer many volunteer opportunities.

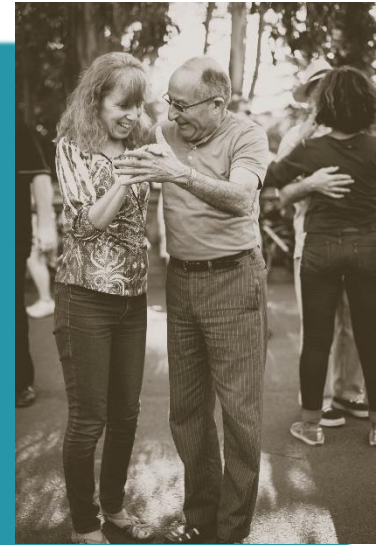
Companionship services are available to help individuals stay connected and engaged. This is offered for a fee and can include conversation and small activities like puzzles or playing cards.

Housekeeping, Transportation and Home Help services are also available for a fee— you can find more information about that in the Housing Supports Section of this guide as well as on their website at regina55.com/home-support-services/.

There is an annual membership fee. Memberships are available to those 55+ years of age and offer some perks and discounted rates. Non-members and those under 55 are welcome to participate in all programs and activities but fees are a bit more.

There are two locations: • Winnipeg Street Centre - 2134 Winnipeg St.; ☎ (306) 525-2154
• Elphinstone Street Centre - 2404 Elphinstone St.; ☎ (306) 359-3847

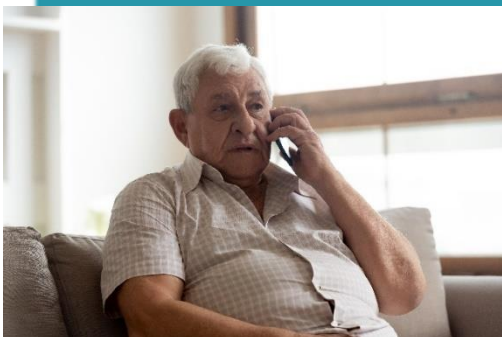
Find more information on their website: regina55.com/



Seniors' Centre Without Walls Saskatchewan



Seniors' Centre without Walls Saskatchewan offers two **free** interactive telephone programs for people 55+ anywhere in Saskatchewan. No computer needed.



- The centre provides opportunities to socialize, learn new skills and stay connected from the comfort of your home. New programs and topics are added regularly. Programs include games, exercise classes, meditation and mindfulness, nutrition, book clubs, coffee chats, and more. Any supplies you may need for programs are mailed to you.
- The *Friends on the Phone* program aims to increase social connections and reduce the effects of isolation. Volunteers are matched and connected with older adults to chat on the phone 1-2 times/week.

For more information about participating in or volunteering for these programs and more, contact Seniors' Centre Without Walls Saskatchewan at ☎ (306) 692-2242; email: scwwsask2019@gmail.com; or find them online at scww.ca/programs-services/seniors-centre-without-walls/.



Respite Options for Caregivers



Caregivers need to take good care of themselves so they can continue to care for others. Adult Day Programs provide a break for at-home caregivers so they can have time to do things they want and need to do, knowing their loved one is safe while they are away from the house.

Saskatchewan Health Authority Adult Day Programs

There are currently two licensed Adult Day Programs in Regina, and each charges a minimal day rate set by the Ministry of Health, which is adjusted periodically. Individuals must first be assessed and meet certain criteria. There may be a waitlist. Transportation to the locations is not provided.



- **Wascana Rehabilitation Centre** – 2180 23rd Ave. Designed for individuals with cognitive loss. Activities appropriate to participant's abilities are planned and a meal and snacks are provided.
- **William Booth Special Care Home's Adult Day Support Program** - 50 Angus Rd. Designed for those with physical/mobility loss. Provides recreation, socialization, personal care, a meal and snacks for participants. 9:00 a.m.-4:00 p.m. seven days a week.

Other services provided by the Saskatchewan Health Authority include:

- **Convalescent Care Program** - short term recuperation support after surgery or serious illness. Focus is centred on activities of daily living and physiotherapy treatment. The charge is set by the Saskatchewan Health Authority and is based on the client's income.
- **Respite Care** (William Booth Special Care Home) provides periodic/short term respite for caregivers and an alternative to institutionalization for the individual. Charge for respite is set by the Saskatchewan Health Authority and is based on the client's income and needs.

**For more information or to request an assessment for any of the programs mentioned above, call ☎ (306) 766-7200 (in Regina) or 1-800-667-1242 (outside of Regina).*



Community Adult Day Programs

There are also a few day programs for adults run by private companies.

Note: the cost is significantly more than the Saskatchewan Health Authority's programs, but there are fewer criteria.

Eden Care - Community Day and Wellness Program – ☎ (306) 536-3897;
1933 Hamilton St.; email: dayandwellness@edencare.ca

- Planned activities for older adults and anyone over the age of 18 who is living with a disability. Operates Monday to Friday from 8:00 a.m. to 4:30 p.m. – closed on stat holidays.
- Cost is based on a half day, full day, half day unlimited monthly membership, or full day unlimited monthly membership.

Dove House Day Program - 2220 Cameron St.; ☎ (306) 525-0045; website: dovehouse.ca

- Planned activities for older adults, operates Monday to Friday, 8:00 a.m. to 5:00 p.m.
- 3 meals and 2 snacks are also included

And a lot more!

If nothing in this guide caught your attention, keep your eyes and ears open, talk to people you know and people you meet, and maybe do an online search to find something that does.

Regina has a lot to offer to keep you busy, depending on your interests. There are many educational and recreational programs in Regina and many businesses and groups that also offer opportunities. If these are an option for you, please support them as well.

The possibilities are endless!





Mental Health and Wellbeing

Rebuilding your Mental Health and Wellbeing



Psychological wellbeing



Emotional wellbeing



Social wellbeing



Rebuilding your Mental Health and Wellbeing

**I feel like something is wrong.
I do not feel like myself.
I cannot control or change how I am feeling.
It's been at least two weeks that I have felt like this.**

Does this sound familiar? If you see yourself or someone you know in those statements, it's important to talk to your primary care provider (family doctor, Nurse Practitioner, etc.) because they can work with you to develop a treatment plan with and for you. Treatment plans may include medication and/or counselling (also known as therapy or psychotherapy). Some medical clinics even have counsellors at the clinic.

Important note: If working with a primary care provider is not possible, the resources listed below are still available to you.

Feeling this way is not “normal”. There is help. You are not alone.

It's not easy, but talking about our mental health and wellbeing gives us the freedom to:

- reach out and ask for help,
- find people who can relate to what we are going through, and
- move towards wellbeing.





In this section, you will find:

- basic information about the most common mental health conditions in older adults;
- guidance on how to get started and what to consider as you begin your journey;
- agencies that provide counselling and support, focusing on those that offer free or low-cost options or use a sliding scale (what you pay is based on your income and family size);
- how to search for options if you have benefit coverage or the ability to pay out of pocket for services; and
- some suggestions for proactive self-care. Everyone's path looks different so you have to choose what feels best for you. There is no right or wrong way to do this.

Common Mental Health Conditions

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You will find these symbols throughout: (💰) = services that are free \$ = low or sliding scale cost

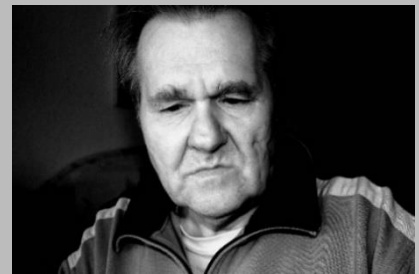


Common Mental Health Conditions

In any given year, 1 in 5 Canadians experience a mental illness¹, and by the time Canadians reach 40 years of age, 1 in 2 have struggled with a mental health condition.¹ Changes in mental health happen for many reasons – sometimes there is a biological change, sometimes it is because of a specific situation. The older we get, the more experiences and major life changes we will go through. Three of the most common mental health conditions older adults experience are:

- Depression,
- Anxiety, and
- Addiction (including smoking, alcohol, over the counter medications, gambling, etc.)²

I have noticed I just don't feel like doing anything lately. I feel sad and lonely most of the time and can't seem to "shake it". I've stopped doing things I used to enjoy, and I don't feel like spending time with anyone. I just don't have the energy I usually do, so even small things seem really big. I don't understand what's going on, and think it must be my fault, but feel helpless to change it.



DEPRESSION



ANXIETY

I have a knot in my stomach I can't seem to get rid of. It feels like something bad is going to happen, but I don't know what. I can't seem to relax. I feel "on edge" and tired, but find that while I can fall asleep, I wake up in the middle of the night and am often up for hours. I've noticed my heart is beating faster than usual, I can't seem to change or control my thoughts, and that nervous feeling won't go away.

I have always been a social drinker. I retired a few years ago and found myself drinking more and more - sometimes with friends, and often alone. My spouse passed away just over a year ago and I've been drinking quite a bit since then. My friends and children have noticed and spoken to me about it separately in the last couple of months. They say they're worried about me. Recently, I have begun taking medication for stomach problems and blood pressure. The doctor says it's likely related to the alcohol.



ADDICTION

YOU ARE NOT ALONE

If you have been diagnosed with a mental health condition, please contact your primary care provider to find out about specific supports and services. The following pages offer general support.



Getting Started

Counselling is a different than talking with a friend or family member. Counsellors (also called therapists or psychotherapists) are trained to listen carefully and support you in a safe, private, and non-judgmental way. They can help people work through things like:

- changes in health
- life transitions
- loss and grief
- anxiety
- depression
- addiction
- other mental health conditions
- relationship issues
- and a variety of other stressful situations.

Counsellors can help you talk through your feelings and figure out what you need. They can support you in changing habits that may be making daily life harder and help you learn new ways to take care of your mental wellbeing.

If counselling is new to you or if you are looking for a new counsellor, it can help to take some time to think about what you are looking for. You might ask:

- **What would I like help with?** This could be something you're dealing with now, or something from your past that's still affecting you. Sometimes it's easy to identify, but not always – if you can't pinpoint it, a counsellor can help you do that.
- **What kind of appointments feel right for me?** One-on-one sessions, appointments with a spouse or family member, or a group (like a grief support group).
- **What days and times work best?** If you're working, you may need evening or weekend appointments.
- **Is this counsellor or agency a good match for my needs?** Do they have experience working with the concern I want help with? Are they taking new clients? Is there a waitlist? And if so, you can decide if you want to wait or you can ask if they suggest someone else.
- **Who would I feel most comfortable talking to?** Some people prefer a counsellor who shares things like language, culture, faith, gender, age, or life experience.

It's also okay to ask if a counsellor offers a short "meet and greet" or consultation. If it's an option, it gives you a chance to ask questions, talk about what you need, and see if it feels like a good fit.

Feeling safe, comfortable, and understood is important. People are more likely to stick with counselling when they trust their counsellor and feel a real connection.

Like any relationship, not every counsellor will be a "match" for you. You are there because things aren't great and there is always some discomfort in change and growth. However, if you are not comfortable with someone, it is okay to ask to be connected to a different counsellor or to try elsewhere. Don't give up if the first one is not a good fit. It is important to do the work, and to work with someone you trust.



Free and Low-Cost Counselling Options

Family Service Regina



☎ (306) 757-6675 Website: familyserviceregina.com Email: intake@familyserviceregina.com
Address: 2505 11th Ave.

Family Service Regina has in-office counselling for individuals, couples, and families. Counselling fees can be calculated on a sliding-fee scale, based on income level and family size. Please ask about this when booking your appointment. Nobody will be turned away because they are unable to pay. Appointments can be booked by calling or emailing.

Thrive Rapid Access Counselling is also hosted here. It's a free service offered in person, virtually (online), or by phone for short term mental health support. You usually get in to speak to someone very quickly, although the in-office counselling may take a bit longer to see someone. Call for an appointment or book online. Family Service Regina often has times available for free drop-in counselling at community locations during the week. Please call for up-to-date information about drop-in sessions.

Rooted Connections



☎ (306) 525-0521 Website: rootedconnectionsregina.ca Email: inquiries@rootedconnections.ca
Address: 160 McIntosh St.

Rooted Connections (previously Catholic Family Services) is for everyone. They have in-office counselling for individuals, couples, and families. Counselling fees can be calculated on a sliding-fee scale, based on income level and family size. Please ask about this when booking your appointment.

Nobody will be turned away because they are unable to pay. Appointments can be booked by calling or emailing.

SHIFT Rapid Access Counselling is hosted here. It is a free service available by phone, virtually (online), or in person for short term mental health support. Sessions are available Monday to Friday 10:00 a.m. – 4:00 p.m. and are approximately 60 minutes. Sessions are offered on a first-come, first-served basis. Call to book an appointment or book online.



Rooted Connections also has free drop-in counselling times available in their office, by phone, online, and at community locations during the week. Please call or check online for up-to-date information about drop-in sessions.



Ehrlo Counselling



☎ (306) 751-2467

Website: www.ehrlo.com

Address: 1951 Francis St.

Ehrlo Counselling (also known as Thundering Buffalo Lodge) provides in-office counselling for individuals, couples and families.

Recognizing that not everyone has access to counselling services, counselling fees can be calculated on a sliding-fee scale based on income and family size. Please ask about this when booking your appointment.

Appointments are usually booked over the phone and can be in-person, virtual, or on the phone. Most in-person sessions take place at their office but they are flexible and do provide services in the community when needed.

First Nations Non-Insured Health Benefits (NIHB)



The Non-Insured Health Benefits (NIHB) program covers First Nations people who have Treaty Status. It ensures coverage for many health benefits that are not covered through other social programs, private insurance plans, or provincial health insurance. To confirm your eligibility before using counselling services, call NIHB at 1-866-885-3933.

NIHB covers:

- vision care,
- dental care,
- medical supplies and equipment,
- prescription and over-the-counter medications,
- medical transportation, and
- **mental health counselling.**

Every 12 months, individuals who qualify can receive 22 hours of individual or group counselling sessions. Counselling must be with an eligible counsellor on a fee-for-service basis. To receive a list of eligible counsellors in Regina, you can contact NIHB directly, or First Nations and Métis Health Services at the Saskatchewan Health Authority at either the General Hospital -

☎ (306) 766-4155 or Pasqua Hospital ☎ (306) 766-2232.

Anyone wishing to include traditional or spiritual care can attend the Healing Centres in the General Hospital and Pasqua Hospital. Traditional medicines are also available.



Métis Nation-Saskatchewan Mental Health Support

\$



☎ 1-855-671-5638 (toll-free) ☎ 1-877-767-7572 (24-hour crisis line) Website: mns.ca

Métis Nation-Saskatchewan offers Métis individuals access to culturally specific mental health and addictions supports. Services are available in both French and English, 8:30a.m. to 4:00p.m., Monday to Friday and include:

- Case co-ordination
- Mental wellness and/or addictions assessment
- Individual counselling for crisis, trauma, stress, anxiety, depression, addictions, and anger
- Family therapy
- Digital dependency, gaming, and gambling
- Legal consultation
- Financial counselling

There may be a waitlist for services.

The Caring Place

\$



☎ (306) 347-2273 Website: thecaringplace.ca Email: tcp@myaccess.ca

Address: 1350 Osler St.

The Caring Place offers counselling to individuals, couples, and families. Sessions can be in person, online, or on the phone. Please call to make an appointment, or book online at thecaringplace.ca/counselling-services.

They also offer support groups and programs delivered in a combination of in person and online. Both counselling and group fees can be calculated on a sliding scale based on income. Many groups are free of charge, including a weekly Depression and Anxiety Support group.

A current list of programming and the registration link can be found at thecaringplace.ca/programs-support-groups.

You can also call for more information or to register.





Caring Hearts



☎ (306) 523-2780 Website: www.caringheartssk.ca/ Email: contactus@caringheartssk.ca
Address: #210 - 2222 Albert St.



Caring Hearts offers low cost (some free) grief counselling for people who want to:

- better understand their grief,
- process their grief feelings,
- discuss their grief with others, and/or
- enlarge their circle of support.

There are in-person and online groups for people who have lost someone, including but not limited to those who have lost someone to suicide, parents who have lost a child, and family and friends of missing or murdered individuals.

You can find a list of their current supports on their website. They:

- provide individual counselling
- have free resources and webinars available on their website.
- offer Western therapeutic counselling, and
- offer support from an Elder to provide traditional Indigenous healing.

Note: If cost is a barrier for you, please ask about sponsorship.

Counselling Connect Saskatchewan



Website: counsellingconnectsask.ca/

Counselling Connect is free. It is a project by Family Service Saskatchewan, delivered through a partnership of member agencies throughout the province to ensure you get quick access to short-term mental health services. Services are prioritized for individuals who:

- do not have workplace benefits,
- live on a fixed or low income, and
- would otherwise have a long wait for publicly funded services.



Appointments can only be booked online, but can take place online (virtually), by phone, or in-person.

Note: in-person appointments may be a longer wait. Multiple appointments can be made with the same counsellor.





Saskatchewan Health Authority Programs

Healthline 811

 **8-1-1** **Note: If that doesn't work, you can call 1-877-800-0002 to be connected to 811**
Individuals who are deaf or hard of hearing can use the SaskTel Relay Operator service at 1-800-855-0511.

Healthline 811 is a 24-hour confidential and free phone line. It offers:

- translation services in over 100 languages,
- advice and education for questions or concerns about mental health and addictions
- access to specially trained Registered Psychiatric Nurses and Registered Social Workers for:
 - crisis support,
 - advice to help you manage your situation, and
 - connections to resources in your community.

When you explain why you are calling, you will get options and information to help with your concerns. You may be connected to a registered nurse who can assess your symptoms and help you decide whether to treat your own symptoms, go to a clinic, see your primary health care provider, or access emergency medical care, if necessary.

Mental Health Services

 **(306) 766-7800**

There is a wide range of community-based supports and services for people who are having significant problems related to their mental health and wellbeing. All services are provided free of charge.

You may call the clinic yourself or your family doctor may refer you. You will speak to an intake worker who will complete an assessment with you to determine which program is right for you, whether it be a program at the Clinic or one offered by another community agency.

Addiction Services

 **306-766-6600**

Programs are available for any person who is dependent on or affected by another's use of alcohol or drugs. Individuals are assessed and placed in the most appropriate combination of programs and services. This could include individual counselling or group sessions for family members as well. On completion of a treatment program, people may continue with aftercare follow-up services.



Addiction Services takes a holistic approach to treatment and recovery and is a strong advocate for those wishing to include traditional cultural care in their recovery plans. First Nation and Métis Elders are available by request for support and guidance to all clients wishing to follow a cultural path. A smudging and healing room for spiritual practices is also available.

Community Health Services

☎ (306) 766-7200

The Saskatchewan Health Authority has numerous counsellors working throughout the city who are free to access. They are able to see people with mild to moderate depression and anxiety and can suggest other options if you need different or additional supports.

Counsellors are able to provide support by phone, virtually (online), and in person. In-person sessions are at a community health centre or if you are unable to attend a different location, they can sometimes be done in your home. Please call for more information.



Online Therapy Unit – University of Regina

☎ (306) 337-3331 Website: onlinetherapyuser.ca/ Email: otu@uregina.ca

The University of Regina offers a number of online courses to support your wellbeing. All current options can be found on their website. Courses may change, but specific links are listed below for courses that were available at update. It includes courses where you can learn skills to:

- manage depression and anxiety at onlinetherapyuser.ca/wellbeing-program,
- reduce the amount of alcohol you drink at onlinetherapyuser.ca/acc, or
- manage your emotional wellbeing in relation to chronic health conditions (including pain) at onlinetherapyuser.ca/chronic-conditions

Note: For the Wellbeing and Chronic Conditions courses, a medical emergency contact is required - a Doctor, Psychiatrist, or Nurse Practitioner that you have seen recently and would have a file on you. This is optional but encouraged if you take the Alcohol Change Course.

You can find more information about each course on the website including the multiple level screening and application process that ensures you are a good fit for the course, and what you can expect if you participate. All courses also include some access to clinical support for people who live in Saskatchewan.

Individuals who are Indigenous can call Hope for Wellness at ☎ **1-855-242-3310** OR chat online through hopeforwellness.ca



Community-Based Supports

The Regina Treaty/Status Indian Services



☎ (306) 522-7494 **Email:** admin@rtsis.com

Website: fhqtc.com/entities/tfhq-entities/regina-treaty-status-indian-services/

The Regina Treaty/Status Indian Services (The Gathering Place) provides several programs in mental health and addictions to all community members regardless of race or status. Particular programs include support for survivors of residential schools and the 60s Scoop, women's support groups, individual counselling and reconnecting to traditional knowledge and teachings.

Western-style therapy practices are paired with Indigenous healing techniques.

Programs are offered at no cost and the wait time for service is approximately 3 weeks. Please contact The Regina Treaty/Status Indian Services directly for further information.

Susan Ulmer Addiction Services



☎ (306) 522-5544 **Website:** susanulmer.ca **Email:** contact@susanulmer.ca

Address: 2024 Albert St

Susan Ulmer Addiction Services offers a variety of programs and support for individuals and families battling addiction. Counselling, inpatient and outpatient treatment along with drug testing are readily available.

A registered non-profit, individual fees vary based on financial need. For more information, please contact their office.

The Talking Stick App



Website: my.talkingstick.app/

An Indigenous-led and Saskatchewan-based mental health app, allowing Indigenous people a safe space to talk with a peer advocate. This app is not for a mental health crisis, but provides a way for people to anonymously express their feelings to someone who will listen without judgement. Conversations are text-based.



Prairie Spirit Connections



☎ (306) 525-9682

Website: prairiespiritconnections.com Email: prairiespiritconnections@gmail.com

Address: 809 Victoria Ave.

The programs and services at Prairie Spirit Connection work to support and improve the wellbeing of the Aboriginal community by helping them reconnect with their traditional cultural heritage and each other. Provides client-focused access to treatment and rehabilitation services for individuals experiencing mental health and addictions issues.

Through the Centre, individuals can access counselling, support, Elders, ceremonies, traditional teachings, and crafts.

For more information, call, email, or find them online.

The Nēwo Yōtina Friendship Centre



☎ (306) 525-5142

Website: www.newoyotina.ca

Email: info@newoyotina.ca

Address: 1635 11th Ave

The Nēwo Yōtina Friendship Centre offers culturally enhanced programs and services to Indigenous and non-Indigenous peoples. Among many other services and supports, they offer the **Resolution Health Support Program**, providing emotional, spiritual, physical, and mental support to Indian residential school survivors, their families, and communities through programming and case management.

Elder supports include help in assisting with Day-school/60's scoop applications, advocacy, support at talking circles, and assistance with legal proceedings. They also promote healing and wellness by organizing programs, services and events using both Traditional and non-Traditional healing practices.

Alcoholics Anonymous



☎ (306) 545-9300

Website: aaregina.com

Email: a.a@sasktel.net

Alcoholics Anonymous is a voluntary self-help group. Members meet with the goal to attain and maintain sobriety. The only requirement for membership is a desire to stop drinking.

Call the number listed above Monday, Wednesday, Friday between 10:00am and 3:00 pm or go online for more information or to find a meeting near you. A support contact is available 24 hours a day at (306) 801-6500.





Al-Anon Family Groups



☎ (306) 522-7500

Website: sk-alanon.ca

Email: district6rep@sk-alanon.ca

Al-Anon Family Groups is for anyone affected by someone else's drinking. They believe alcoholism is a family illness and that changed attitudes can help with recovery. Relatives and friends of alcoholics share their experience, strength, and hope in order to solve their common problems.

Call or go online for more information or to find a meeting near you. A support contact is available 24 hours a day at the number listed above.

Southern Sask Narcotics Anonymous



☎ (306) 757-6600

Website: southsaskna.org

Email: publicrelations@southsaskna.org

Narcotics Anonymous is a voluntary self-help group. Members meet with the goal to attain and maintain a clean, drug-free life.

Call for automated information about meetings, services and activities. If you'd like to speak to a recovering addict, press 0 and the answering service will direct your call. Meetings and more information are also listed on their website.

Saskatchewan Problem Gambling Helpline



☎ 1-800-306-6789 (24/7) Text: (306) 400-2785 (available 12:30-17:30) Website: SPGH.ca

The Problem Gambling Helpline offers a variety of supports in addition to the helpline (available by calling or texting the numbers above). Through the website you can access a live chat between 12:30-17:30 and there is an option to email your request through the site as well. You will find many resources on the website including:

- a quiz to help you determine your risk level for problem gambling,
- information about different types of Crisis Gambling Counselling and a list of available options,
- self-help resources, and a directory of Gambling Anonymous meetings.

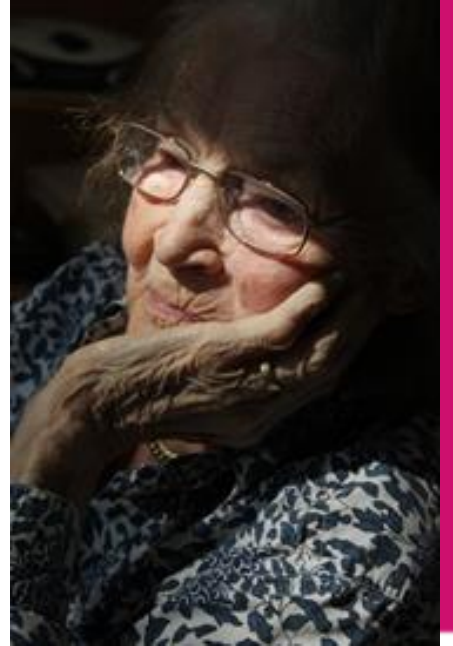


Paid Options

There are many other options available to you if you have health coverage or can pay for it. Please access these options if you can.

Note: If you have a benefits plan that covers counselling services please check to see if there is a list of affiliated counsellors and/or any specific criteria that must be met for the company to cover or reimburse you. For example, does the counsellor you choose need to be a Registered Psychologist, Registered Social Worker, or a Canadian Certified Counsellor?

You can search for counsellors or therapists in Regina in a few ways. All are useful, but none of them list everything. Some places you can start include:



2-1-1 Saskatchewan

You can call or text 2-1-1 (or call 1-306-751-0397) and a trained professional will help you find and navigate the services you need. They also have a searchable website at sk.211.ca

The website offers translation. Service is available over the phone in over 175 languages, including 17 Indigenous languages.

Theravive

[Theravive.com](https://theravive.com) is an online listing of counsellors. You need to enter “Regina, SK” in the “Zip or City” spot, then can scroll through the counsellors listed. Each counsellor has a profile you can look at as well.

Once your city is entered, at the bottom of the first page that comes up is a list of “Specialists in Regina” so you can continue searching all counsellors OR choose to search by the kind of support you are looking for to find a list of therapists who specialize in that area.

Examples include therapists who specialize in working with people who have anxiety, couples/marriage counselling, grief, depression, addiction, or anger management.



The Psychology Association of Saskatchewan

The Psychology Association of Saskatchewan keeps a list of psychologists in the province. On their home page at psychsask.ca, you will see “find a Psychologist” at the top. Click to open and you will be able to search by location, which will give you a list of all of Saskatchewan locations in alphabetical order, so just scroll down until you get to Regina.

Self-Care and Management

In addition to counselling, other things you can do to support your mental wellbeing include:

- **Eating well:** A key part of aging well in general, eating well helps you stay physically healthy and strong, which is important in maintaining your independence and quality of life. These things definitely impact your mental health.

Find more information and basic healthy eating tips for older adults here: unlockfood.ca/en/Seniors and here: canada.ca/en/health-canada/services/food-guide/eating-support/life-stages/seniors

If you have a medical condition that would benefit from following dietary suggestions, consider asking your family physician or nurse practitioner for a referral to a Registered Dietitian.

- **Volunteering:** In the previous section, “Boosting your Mental Health and Wellbeing,” we highlighted many opportunities for using your skills and experience through volunteering. Take a closer look and see if something catches your attention!
- **Reducing use of alcohol and other recreational drugs.**
- **Limiting use of social media**, especially right before you go to bed.
- **Getting a good night’s sleep.**
- **Spending time in nature.** During the winter months in Saskatchewan, it can be harder to get outside. One way to spend time in nature in the winter is to visit the Regina Floral Conservatory – inside, warm, and beautiful!
- **Exploring your faith/spirituality.**
- **Stay connected to friends and family** (in person, over the phone or online).
- **Talk to a someone you trust.**

References:

1. www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics, quoting: Smetanin et al. (2011). The life and economic impact of major mental illnesses in Canada: 2011-2041. Prepared for the Mental Health Commission of Canada. Toronto: RiskAnalytica.
2. sinaigeriatrics.ca/patient-resources/common-mental-health-conditions-for-older-adults



Mental Health and Wellbeing

Dealing with a Mental Health Crisis



Psychological wellbeing



Emotional wellbeing



Social wellbeing



Dealing with a Mental Health Crisis

I need help immediately.

I am in danger, or someone I know is at risk of hurting themselves or others

When someone is struggling with mental health issues, it impacts their ability to think, feel, and act.

When someone is experiencing a mental health crisis or emergency, their behaviour puts them at risk of hurting themselves or others and/or prevents them from being able to care for themselves or function effectively in the community.

Anyone can experience a mental health crisis.

Anyone can help someone who is experiencing a mental health crisis.

Be aware of the signs of a mental health crisis and what supports are available. Please connect with one of the resources listed in this guide immediately if you or someone you know needs help.

What does a mental health crisis look like?

It will look different for every person, but some common signs that someone is in a mental health crisis include:

- intense feelings of sadness
- unpredictable behaviour
- rapid mood swings
- extreme personal distress or confusion
- not functioning as usual – not motivated, have no energy, don't enjoy doing things you usually enjoy
- can't sleep
- agitation – anxiety, stress, nervousness, tension
- seeing things that aren't actually there
- aggressive behaviour
- suicidal feelings, thoughts, or plans
- talk about hurting themselves or others
- problems with drug and alcohol use and abuse



Not always, but a mental health crisis is often triggered by something such as a job loss or financial insecurity, school or work pressures, the end of a relationship, the death of a loved one, medication changes, abuse, or trauma.



I need help immediately

I am in danger, or someone I know is at risk of hurting themselves or others

Regina Police Service
☎ **9-1-1** 1717 Osler St.

What you can do:

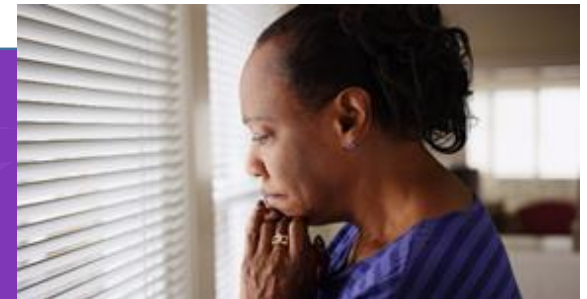
- Call 911;
- Tell them that someone is experiencing a mental health crisis;
- Explain what is happening and your relationship to the person in crisis;
- Let them know if there are weapons involved.

Ask the 911 operator to send someone trained to work with people with mental illnesses.

I am having a mental health crisis – there is no risk of me hurting anyone else.

I am having suicidal thoughts.

Someone I know is in crisis. There seems to be no immediate risk of them harming themselves or others.



What you can do:

- Connect with one of the resources listed below. Explain what is happening and how you are feeling.
- Each resource has slightly different supports they can offer – some are able to come out to see you (or the person you are calling about) and some can only support you over the phone.
- All of them can talk with you until you feel more able to handle whatever is going on. They can also suggest or help you connect to additional supports

COAST (Community Outreach and Support Team)

☎ **(306) 766-7800 - Press 2**

🗣 **Translation services are available.**

You can call COAST at any time if you or someone you know is thinking or talking about suicide or if you are feeling overwhelmed and don't know what to do or where to turn.

The goal of COAST staff is to ensure the safety and wellbeing of people. They can also tell you about and/or connect you to short and long term supports and services in the community.

What to expect:

Staff will ask questions to find out more about the situation and the person's history. They will talk to the person in crisis if possible, and will come out to see them if needed, supporting the person in the way that works best for them. A continued connection to COAST and the support they provide is possible but completely voluntary.



Mobile Crisis Services - 1646 11th Avenue

 **Mobile Crisis Helpline - (306) 757-0127**

 Translation services are available.

Address: 107-B Albert St.

Phone and walk-in services. Crisis counsellors are available 24/7 and provide counselling as well as information and referrals.

Counsellors are available to support older adults at risk of, or currently experiencing:

- physical, sexual, emotional, or financial abuse,
- neglect,
- deteriorating health that puts someone who cares for themselves at risk, and
- mental health and wellness issues.

Note: Support is also provided for family members and friends who are feeling challenged or overwhelmed as the care provider for a loved one.

You can call the Mobile Crisis Helpline if you are upset or feeling overwhelmed about anything, at any time. Your feelings are valid. Someone will listen to you and talk you through what's going on to help you sort through the issue.

If you or someone you know is thinking or talking about suicide, a trained staff person can talk to you about how you are feeling and help make a plan that will ensure you stay safe. If you are calling because you are concerned about someone else, they can also provide information, resources, and advice on how to help them. Staff will come out to see the person in distress if needed.

9-8-8 Suicide Crisis Helpline

 **9-8-8 (call or text)**

 **(306) 525-5333 (suicide helpline)**

The helpline is for anyone who is thinking about suicide or is worried about someone they know. You will connect with a responder and will get help without judgement. The line is toll free and available 24/7.

Healthline 811

 **8-1-1**

Note: If that phone number doesn't work, you can call 1-877-800-0002 to be connected to 811.

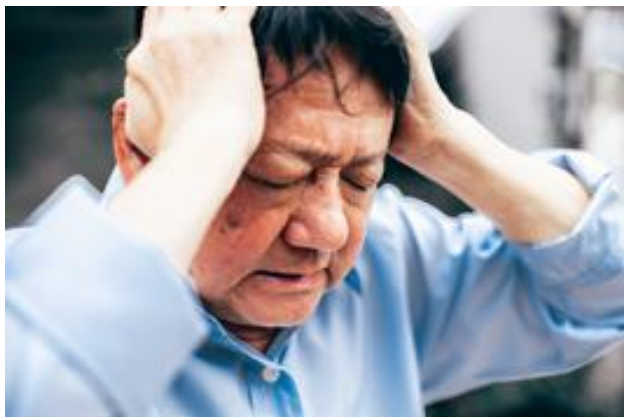
Individuals who are deaf or hard of hearing can use the SaskTel Relay Operator service at 1-800-855-0511.

 Translation services are available.

Healthline is a 24-hour confidential phone line that offers advice and education for questions or concerns about mental health and addictions. You can access specially trained Nurses and Social workers who can offer:

- crisis support,
- advice to help you manage your situation, and
- connections to resources in your community.

When you call, let them know that you are calling with mental health concerns and would like to speak to a social worker.



If you would like to talk about medications, side effects, and any questions about your physical health, they will connect you to a Registered Nurse.

First Nations and Inuit Wellness Help Line

 **1-855-242-3310**  telephone counselling is also available in Cree, Ojibway, and Inuktitut by request

The helpline is available 24 hours a day, 7 days a week. It offers counselling and crisis intervention from experienced and culturally competent staff who can help if you:

- want to talk
- are distressed
- are having strong emotional reactions
- are triggered by painful memories

Online chat is also available at hopeforwellness.ca

If asked, counsellors can work with you to find other wellness supports that are accessible near you.

Métis Nation Saskatchewan

24-hour Crisis Line –  1-877-767-7572 *must be a registered Métis citizen.

In addition to the dedicated crisis line, there is a wide range of support available in both English and French.

Where did A guide for AGING WELL *in Regina* come from?

Age-Friendly is a worldwide movement that was established by the World Health Organization (WHO) and is promoted by the Public Health Agency of Canada. It focuses on improving communities for everyone.

Age-Friendly Regina believes in listening to and addressing the concerns identified through the lens of older adults for the benefit of persons of all ages

Age-Friendly Regina is made up of community members, community organizations, the University of Regina's Centre on Aging and Health, City of Regina, and the Saskatchewan Health Authority and has been active since 2018. Through its work, the committee asks older adults in Regina to identify and address concerns. Based on what was heard so far, this guide was created.

"Aging Well in Regina" contains information geared to older adults (people aged 55+), but the contents are useful to many age groups. Its purpose is to provide information that makes it easier to understand and access different services and programs in our community.

You can find out more about Age-Friendly Regina at agefriendlyregina.ca. To find out how you can get involved, please email agefriendlyregina@gmail.com