

If your safety is at immediate risk, call 911

SaskAgMatters - free counselling services	call 1-306-371-7644
211 Saskatchewan	call or text 2-1-1
Family Service Saskatoon	call 1-306-244-0127
Counselling Connect Saskatchewan	<a href="https://www.counsellingconnectsask.ca/">https://www.counsellingconnectsask.ca/</a>
Farm Stress Line	call 1-800-667-4442
National Farmer Crisis Line - 24/7 support	call 1-866-327-6701
AgTalk - non-crisis peer to peer support platform	visit <a href="http://domore.ag/agtalk">domore.ag/agtalk</a>
Kids Help Phone	text 686868 or call 1-800-668-6868
HealthLine	call 8-1-1
Suicide Crisis Helpline	call or text 9-8-8
Mobile Crisis Services	call 1-306-757-0127
Problem Gambling Helpline	call 1-800-306-6789
Adult Sexual Assault Helpline	call 1-800-214-7083
First Nations & Inuit Hope for Wellness Help Line	call 1-855-242-3310
Dementia Helpline	call 1-877-949-4141

# Mental Wellness for Saskatchewan Farmers & Ranchers

## Immediate Support

If you or someone you know is struggling with mental well-being, remember...  
**You are not alone—there is hope and there is help!**



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*Supporting Rural People in Agricultural Health and Safety*