



TAKING CARE OF YOUR MENTAL HEALTH

NEED SOMEONE TO TALK TO?

Living through the COVID-19 pandemic can cause anxiety and worry in all of us. Whether you're coping with the loneliness of self-isolation, concerned about the health of your loved ones or worried about what the future may hold, there are mental health supports available to help you through this difficult time.

Please be advised that there are two cell phones designated for Counselors-Therapists during the Covid-19 pandemic.

Cell Phones:

306-425-9518

306-420-4826

Designated Mental Health Employees are available
8:00 am – 4:30pm for this upcoming Weekend and Stat:

May 16 & 17 (Sat-Sun): Eduardo Vallerio and Carol Charles

May 18 (Stat Mon): Eduardo Vallerio and Arleen Windigo

May 23-24 (Sat-Sun) Arleen Windigo and Christopher Cooper

