



Saskatoon First Nations & Métis Resource List

A quick-use community list for patients, clinic teams, inpatient teams, and discharge planning.

1. Support Helplines

9-8-8 Suicide Crisis Helpline - Call or text 9-8-8 anywhere in Canada. ☹

Hope for Wellness - Indigenous phone/chat crisis support:
1-855-242-3310 | hopeforwellness.ca ☹◆

Saskatoon Crisis Intervention Service - 24/7 mental health crisis support: 306-933-6200 | saskatooncrisis.ca ☹

HealthLine 811 - Nurse advice plus mental health/addictions support; interpretation available. ☹

SSAIC Sexual Assault Crisis Line – support after sexual assault/abuse: 306-244-2224 | ssaic.ca ☹

Kids Help Phone - 1-800-668-6868 or text CONNECT to 686868 | kidshelpphone.ca ☹☹

Residential School Crisis Line - 1-866-925-4419. ☹◆

MMIWG Support Line - 1-844-413-6649. ☹◆

2. Intimate Partner & Family Violence Support

Saskatoon Interval House - Emergency shelter/outreach for women and children fleeing violence: 306-244-0185 | saskatoonintervalhouse.org ☹☹

YWCA Crisis Shelter & Residence – Emergency shelter and crisis support: 306-244-2844 | ywcasaskatoon.com ☹☹

PATHS Saskatchewan - Find shelters in Saskatoon
pathssk.org/get-help-now ☹

CUMFI Infinity House - Transitional home and supports for mothers and children: 306-955-2332 | shipyxe.ca/housing/cumfi-infinity-house ◆☹△

3. On-reserve Supports

Band Office (Chief & Council) - Best first contact for housing, income assistance, wellness, medical travel, and supports. ◆

Saskatchewan (Band Offices) - Online band office / leadership lookup for Saskatchewan First Nations: ◆



4. Hospital Indigenous Supports

First Nations & Métis Health Services

Patient navigation, advocacy, discharge planning, cultural support, and connection back home. Ask staff to page them.

RUH / JPCH - 306-655-0166 | Mon–Fri 8:00-4:30 ◆

St. Paul's Hospital - 306-655-0518 | Mon–Fri 8:00-4:30 ◆

5. Benefits, coverage & medical travel

Jordan's Principle (First Nations Children) – child-first policy that ensures First Nations children can access needed health, social, and education supports without delay.

National line: 1-855-572-4453. ◆☹

SK line - 1-833-752-4453 | Mon–Fri 8:00–4:00. ◆☹

NIHB medical transportation (SK) - 1-866-885-3933. ◆

Métis Nation-Saskatchewan Medical Travel (MN–S) –
metisnationssk.com/medical ◆

6. Local Indigenous organizations

Saskatoon Tribal Council (STC) – urban programs and links to member nations: 306-956-6100 | stct.sk.ca ◆

STC member Nations - Kinistin, Mistawasis, Muskeg Lake, Muskoday, One Arrow, Whitecap Dakota, Yellow Quill. ◆

Métis Nation–Saskatchewan (MN–S) - 1-877-638-4775 | metisnationssk.com ◆

MN–S Citizenship Registry (Saskatoon) - 306-343-8391 | info@mnsregistry.ca ◆

LEGEND

☹ all hours ☹ self-referral / walk-in ☹ provider referral

◆ Indigenous-specific ☹ youth / family △ pre/peri-natal

◇ 2SLGBTQ+ affirming ◇ elder support





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7. Community Connection & Support

Saskatoon Indian & Métis Friendship Centre (SIMFC) - Drop in-programs, referrals, cultural connection:

168 Wall St | 306-244-0174 | simfc.ca ♦

Aboriginal Friendship Centres of Saskatchewan (AFCS) –

List of all Friendship Centres. Connect with supports, cultural programs, outreach, and navigation. AFCS.ca. ♦◎

Central Urban Métis Federation Inc. (CUMFI)

315 Ave M S | 306-975-9999 | cumfi.org. ♦

STC Urban Family Services - Parent, youth, and child welfare support: 306-956-6100 | sktc.sk.ca ♦◎

Ikwewuk E-wichiwitochik (Women Walking Together) –

306-370-4201 | fb.com/groups/5646182010 ♦◎

White Buffalo Youth Lodge - Youth/family programs; White Buffalo Club: Mon–Fri 3:30–6:00 p.m. ♦◎

8. Pregnancy, Parenting & Early Years

Indigenous Birth Support Worker (JPCH) - 103 Hospital Dr | 306-514-7978 | registration open 24/7. ♦△◎

Prenatal Support Programs - Saskatoon prenatal support: <https://momsandkidssask.saskhealthauthority.ca> △◎

KidsFirst - Home-visiting support during pregnancy and early childhood: 306-655-3311. △◎

STC Urban Aboriginal Head Start - early-years program with culture/language and parental involvement. ♦◎

Child health / immunization inquiries – North-East 306-655-4700 | South East: 306-655-4730 | West Winds 306-655-4275 | Our Neighborhood 306-655-3250. ◎

9. Culture, learning & events

Wanuskewin Heritage Park – Culture, trails, learning, and events: 306-931-6767 | wanuskewin.com ♦

STC events - sktc.sk.ca/events ♦

Saskatchewan Indigenous Culture Centre (SICC) –

Language, culture, Elders, library, more: 306-244-1146. ♦◇

Gabriel Dumont Institute (GDI) - Métis education, culture, library, resources: 306-242-6070. ♦

SIMFC / CUMFI / MN–S websites - Programs, workshops, cultural events, and family activities. ♦

10. Housing & Basic needs

211 Saskatchewan - Housing, food, income, and shelter navigation: call 211 or visit 211.ca/sk. ☎

STC Emergency Wellness Centre - 415 Fairmont Dr | 306-249-5426 | drop-in emergency shelter. ☎♦

CUMFI Housing - cumfi.org (Housing). ♦

Camponi Housing - Affordable housing for Métis/Indigenous people in Saskatoon: camponi.ca ♦

Cress Housing (STC) - sktc.sk.ca/cress-housing ♦◎

Saskatoon Food Bank - 306-664-6565.

Quint Development - Affordable housing: 306-978-4041.

Men's Emergency Shelter - Crossroads / Salvation Army.

11. Addictions & Recovery Supports

SHIPYXE Directory - Detox, counselling, recovery, housing, and community supports. Shipyx.ca ♦

Prairie Harm Reduction – Drop-in, harm reduction: 1516 20th St W | 306-242-5005 | prairiehr.ca ☎

Mental Health & Addictions Centralized Intake - counselling, detox, addiction: 306-655-7777. ☎

Brief Detox Unit (BDU) + Social Detox Unit (SDU) – safe place to sober up/withdraw and connect to recovery supports: 201 Ave O S | 306-655-4195. ☎☎

Opioid Assisted Recovery Services (OARS) - Opioid agonist therapy: 1611 20th St W | 306-655-0480. ☎☎

Métis Addictions Council of Saskatchewan (MACSI) – 213 Ave C S | 306-652-8951 | macsi.ca ♦☎☎

STC Integrated Wellness – holistic wellness & addictions supports: 306-956-6100 | sktc.sk.ca/wellness ♦

National Overdose Response Service – phone/text if using substances alone - 1-888-688-6677 | nors.ca ☎

12. General Health

STC Health Centre - 1514 20th St W | 306-956-0345 | Mon–Fri 9:00–5:00; nursing, social work, mental health, Elder and peer support. ♦☎

Idylwyld Centre / Saskatoon Public Health - 310 Idylwyld Dr N | 306-655-4620 ☎

Saskatoon Sexual Health - 306-244-7989 | ☎△♦

OUTSaskatoon Q List - outsaskatoon.ca/q-list/ affirming directory for health care, counselling, and supports. ♦

