

Mental Health Resources CPD 367

Program Materials and References

Program & Materials Package

<https://www.lawsociety.sk.ca/wp-content/uploads/Program-Materials-Package-CPD-367-2023-10-04.pdf>

Power Point CPD 367

<https://www.lawsociety.sk.ca/wp-content/uploads/Power-Point-CPD-367-Mental-Health-in-the-Legal-Profession.pdf>

Federation of Law Societies of Canada – Wellness of the Legal Profession

[Wellness of the Legal Profession - Federation of Law Societies of Canada \(flsc.ca\)](https://www.flsc.ca/wellness-of-the-legal-profession)

- National Wellness Study: Phase 1 report
https://flsc.ca/wp-content/uploads/2022/12/EN_Report_Cadieux-et-al_Universite-de-Sherbrooke_FINAL.pdf
- FAQs
<https://flsc.ca/flsc-s3-storage-pub/u/flsc-s3-storage-pub/FAQs%20v5%20Wellbeing.pdf>
- Executive Summary
https://flsc.ca/flsc-s3-storage-pub/u/flsc-s3-storage-pub/FINAL_Executive%20Summary-Wellness.pdf
- Recommendations
https://flsc.ca/flsc-s3-storage-pub/u/flsc-s3-storage-pub/FINAL_RECOMMENDATIONS_Cadieux%20et%20al.2022.pdf

The Trauma-Informed Lawyer podcast

<https://podcasts.apple.com/ca/podcast/the-trauma-informed-lawyer/id1514824294>

Chief Justice Strathy: The Litigator and Mental Health

<https://www.ontariocourts.ca/coal/about-the-court/publications-speeches/the-litigator-and-mental-health/>

Mental Health First Aid Canada

<https://www.mhfa.ca/>

Panelist Contact Info

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CBA Saskatchewan

Dear Advy – CBA’s Well Meaning, Well-Being Advice column

<https://www.cba.org/Sections/Wellness-Subcommittee/Dear-Advy>

The Every Lawyer Podcast

<https://www.cba.org/Podcast/The-Every-Lawyer>

including the Podcast Mental Health in the Legal Profession

Listen Anywhere: [Simplecast](#) / [Apple Podcasts](#) / [Spotify](#)

CBA Well-Being Links

<https://www.cba.org/Sections/Wellness-Subcommittee/Resources/Wellness-Links>

CBA Resources Page

<https://www.cbasask.org/Publications-Resources/Wellness>

Mindful Moments

<https://www.oba.org/Publications-and-Resources/OBA-Wellness-Hub/Mindful-Moments/May-2022>

Lawyers Concerned for Lawyers

1-800-663-1142 24 hours a day, 7 days a week

<https://lawyersconcernedforlawyers.ca/>

Resources <https://lawyersconcernedforlawyers.ca/resources/>

SLIA – Articles

<https://slia.ca/lawyers-concerned-for-lawyers-articles/>

Homewood Health

EFAP Overview video:

<https://www.youtube.com/watch?v=QmBpIYGldJU>

Saskatchewan Resources

Mobile Crisis (Regina) 306-757-7809 mobilecrisis.ca

Mobile Crisis (Saskatoon) 306-933-6200 saskatooncrisis.ca

211 Saskatchewan

<https://sk.211.ca/>

- Abuse
<https://abuse.sk.211.ca/>
- Addictions Groups
https://sk.211.ca/search/?location=&looking_for%5B%5D=addiction-support-groups
- Crisis Hotlines
<https://sk.211.ca/emergency-crisis-hotlines/>

CMHA Saskatchewan

- Programs & Services
<https://sk.cmha.ca/programs-services/>
- Info
<https://sk.cmha.ca/document-category/mental-health/>

Saskatchewan.gov

- Mental Health and Addictions Services
<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services>
- Suicide Prevention
<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services/suicide-prevention>

CMHA

- Find Help <https://cmha.ca/find-help/>
- Find Info <https://cmha.ca/find-info/>
- Workplace <https://cmha.ca/what-we-do/national-programs/workplace-mental-health/>

Law Society CPD Programs

- CPD 360.3
[Lawyer Well-being: Tools to Thrive Resources Reading List](#)
- CPD 355
[Set Better Boundaries: A Key to Lawyer Well-being Workbook](#)
- CPD 348
[Boundaries for Lawyers Workbook](#)
- CPD 325
[Lawyer Well-being: Concrete Strategies to Thrive in Law Workbook](#)
- CPD 307
[Mental Health for Lawyers, with Darryl Singer](#)
- CPD 298
[Bolstering Resilience Workbook](#)
- CPD 103
[Lawyers: Mental Health & Addictions](#)

Law Societies Health and Wellness Pages

- Law Society of Alberta
<https://www.lawsociety.ab.ca/resource-centre/key-resources/well-being/>
- Law Society of British Columbia
<https://www.lawsociety.bc.ca/support-and-resources-for-lawyers/lawyer-well-being-hub/>
- Law Society of Saskatchewan
<https://www.lawsociety.sk.ca/health-and-wellness/>
- Law Society of Manitoba
<https://lawsociety.mb.ca/for-lawyers/supports-for-lawyers/health-wellness/>
- Law Society of Ontario
<https://lso.ca/lawyers/well-being-resource-centre>
- Law Society of Newfoundland and Labrador
<https://snl.ca/lawyers-students/wellness-program/wellness-toolbox/>

Indigenous Mental Health Support

Indian Residential Schools Health Support

<https://www.sac-isc.gc.ca/eng/1581971225188/1581971250953>

- National Indian Residential School Crisis Line 1-866-925-4419
- Missing and Murdered Indigenous Women and Girls Crisis Line 1-844-413-6649
- First Nations, Inuit and Metis – Hope for Wellness Help Line 1-855-242-3310; chat available

Indian Day Schools Health Support

<https://www.sac-isc.gc.ca/eng/1594067962949/1594068284591>

- Saskatchewan 1-888-221-2898

Hope for Wellness

<https://hopeforwellness.ca/home.html>

Aboriginal Friendship Centres

<https://afcs.ca/centres/> Friendship Centres will also have mental health, interpersonal violence and family support programs or will provide access to them. This site provides links to the Friendship Centres in Saskatchewan

Other Resources

Anxiety

Canada <https://www.anxietycanada.com/>

Kelty's Key <https://www.keltyskey.com/>

Option B <https://optionb.org/>

Mindfulness

Mindshift (Anxiety Canada) <https://www.anxietycanada.com/resources/mindshift-cbt/>

Headspace <https://www.headspace.com/>

Calm <https://www.calm.com>