

# ARE YOU IN NEED OF SUPPORT & RESOURCES?

**RE:CONNECT Helpline is available 24/7 to connect Saskatchewan residents with the help they need.**

**Contact us via call, text or online chat for confidential and non-judgmental assistance.**

**Don't struggle alone. Our trained professionals are here to listen and guide you towards the right resources.**

**Reconnect with your best self.**



**RE:CONNECT**  
HELP ——— LINE

**CALL/TEXT 211 OR VISIT  
RECONNECT.SK.211.CA**