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Dear Referral Partner,

I am writing to introduce you to Family Service Saskatchewan's Rapid Access Counselling for those Impacted by Suicide Loss. The soft launch of this program began January 22, 2024. Family Service Saskatchewan (FS Sask) is a network of organizations that offers community-based family and mental health services to residents of Saskatchewan. With a track record of facilitating thousands of counselling sessions, FS Sask has developed an effective Rapid Access Counselling model. This model provides accessible and cost-free support to individuals and families, addressing stress, mental well-being, and family concerns. We are now initiating a new specialized program to assist individuals who have experienced a loved one's attempt or death by suicide.

FS Sask is privileged to expand its services with a dedicated program tailored to meet the specific needs of individuals who have experienced a loss of someone they know by suicide. The program aims to simplify the process of seeking care by reducing wait times, improving system navigation, and introducing online appointment booking. Further, the counsellor is trained and prepared to talk about a subject that can be emotional, stigmatizing and complex. By connecting individuals promptly with qualified and licensed counselling professionals, the program focuses on ensuring support for those who might have significant mental health distress as a result of experiencing a complex loss.

Individuals, couples and families can easily book a session with a skilled counsellor through the Rapid Access Counselling for those Impacted by Suicide Loss by visiting www.counsellingconnectsask.ca.

Additionally, referral partners can assist families in booking an appointment in the online system to support easy navigation to services. With the individual's consent, any first responder can book a phone call with a counsellor who will contact the individual, couple or family at the time booked. At this time the counsellor can assess whether a next appointment should be booked.

The enclosed instructions provide details about how to book sessions in the system as a referrer.

FS Sask is grateful for the support of its partners and is committed to assisting people who have experienced loss by suicide in the community.

Sincerely,

A handwritten signature in black ink that reads "Leah Dovell".

Leah Dovell
Counsellor – Catholic Family Services of Prince Albert
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The following instructions outline 3 easy steps to assist your clients in booking an appointment through Counselling Connect Saskatchewan.

Counselling Connect Saskatchewan External Referrer Referral Process

Step 1: Go to the website:

Visit www.counsellingconnectsask.ca and select the service you and individuals in need of support would like to choose collaboratively.

Step 2: Select the service and appointment time:

Once you have landed on the service of choice, enter the individual's address in the 'specify home address' field and click on search. You may simply type the name of their community as an alternative. Select any other appointment criteria.

You will then see the available appointment times. Click on the time that works best for the individual.

Step 3: Complete the referral form:

With the individual's participation, complete all required questions on the referral form. Choose from the drop down list the type of referrer you are. If you don't see your occupation/organization listed choose Community Referrer – Other.