

# HEALTH SERVICES

Rosthern, Duck Lake, Beardy's & Okemasis, Wakaw, Cudworth, One Arrow and surrounding communities

## **Sask911 | 911**

Emergency contact for police, fire or medical services.

## **HealthLine | 811**

A confidential, 24-hour health and mental health and addictions advice, education and support telephone line.

## **Suicide Crisis Helpline | 988**

For people who are thinking about suicide or worried about someone they know. Call or text.

## **211 Saskatchewan | 211**

Call or text to be connected with community, social, non-clinical community, health, and government services.

## **Saskatchewan Health Authority**

### **Rosthern Hospital | 306-232-9600**

Acute care hospital and 24 hour emergency service.

### **Duck Lake-Nurse Practitioner | 306-233-4443**

Clinic located at Stobart Community School in Duck Lake. Offers primary care, family medicine, chronic disease management, health exams and more.

### **Wakaw Primary Health Care Centre and Collaborative Emergency Centre | 306-233-4611**

⇒ **Primary Health Centre** offers primary care, family medicine, chronic disease management, health exams and more. During clinic hours, physicians/nurse practitioner available for appointments and emergency walk-in's.

⇒ **Collaborative Emergency Centre (CEC)** staffed by paramedics provide after hours urgent/walk-in care.

### **Cudworth Health Centre | 306-256-3443**

Offers primary care, family medicine, chronic disease management, health exams and more.

### **Home Care**

Provides acute, palliative, and supportive care to remain independent at home.

⇒ **Rosthern & Area Home Care | 306-232-9640**

⇒ **Wakaw & Area Home Care | 306-233-4611**

### **Therapies | 306-232-9608**

Assists clients to improve their physical abilities and enable independence. Physician referral required.

⇒ **Physiotherapist**—Based in Rosthern, travels to Wakaw and Cudworth.

⇒ **Occupational Therapist**—Based in Rosthern, travels to surrounding communities.

### **Chronic Disease Management | 306-233-4443**

Assists clients and families in self-managing their chronic conditions. \*Appointments available by phone or in person in Rosthern and Wakaw.

⇒ **Nurse**

⇒ **Dietitian**

⇒ **Exercise Therapist**

### **Mental Health & Addictions | 1-833-274-4060**

Inpatient and outpatient mental health and addictions support.

### **Public Health | 306-232-6001**

Community services including immunization, post-partum follow-up, breastfeeding support, Child Health Clinics, and health education.

⇒ **Public Health Nurse**—Based in Rosthern and travels to surrounding communities such as Wakaw, Duck Lake, Hague, and Waldheim.

⇒ **Speech-Language Pathologist**—Appointments available in Rosthern.

### **Public Health Inspector | 306-232-9645**

Keeps water, food, land, air, houses, and public facilities safe through the administration and enforcement of provincial regulations.

### **Harm Reduction Educator | 306-514-8670**

Aims to reduce health and social harms associated with addiction and substance use.

### **Health Educator—Health Promotion | 306-232-9652**

Aims to improve the health of the entire population and to reduce health inequities among population groups.

**Saskatchewan Health Authority Contact: [NE6.HealthNetwork@saskhealthauthority.ca](mailto:NE6.HealthNetwork@saskhealthauthority.ca)**