

# 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**

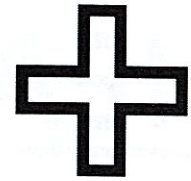
Aims to reduce health and social harms associated with addiction and substance use.

### **Population Health Practitioner | 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)

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## Community Services

<p><b>Rosthern</b>  <b>Rosthern Medical Clinic</b>   306-232-4894          Private clinic that offers primary care, family medicine, chronic disease management, health exams and more.  <b>Pharmacy</b>          ⇒ <b>Rosthern Pharmacy (6th St E)</b>   306-232-4388          ⇒ <b>Sask Valley Pharmacy</b>   306-232-4383  <b>Audiology</b>   306-232-5333          Hearing health care clinic.  <b>The Ultrasound Centre</b>   306-232-4955  <b>Optometry- Doctors Vision Care</b>   833-232-3311  <b>Massage Therapy</b>   306-270-7892 (Heaven on Earth Healing Haven)   306-349-4499 (Solara Massage Therapy)   306-232-5146 (Sheila Lehmann)  <b>Dental Clinic</b>   306-232-5585  <b>Chiropractic Clinic</b>   306-232-4404  <b>Physiotherapy</b> (Venture Rehab)   306-655-1962  <b>Foot Care</b>   306-417-6612 (Kelly Dorosh)   306-371-2334 (Julie Olsen)  <b>Emergency Food Aid</b>   306-232-5623          Good Neighbours Food Centre provides food to anyone in need within a 50 kilometer radius of Rosthern. Also offers emergency pet food and emergency food hampers.</p>	<p><b>Waldheim</b>  <b>Waldheim Clinic</b>   306-945-2355          ⇒ <b>Chiropractors</b>          ⇒ <b>Physiotherapist</b>  <b>Massage Therapy</b>   306-229-9351 (Kaitlin Schultz)  <b>Pharmacy</b>   306-945-2167  <b>Emergency Food Aid</b>   306-945-2323          Shepherd's Pantry is located at back door of Waldheim MB Church, open Tuesday mornings 10am-12pm.</p>
<p><b>Hague</b>  <b>Pharmacy</b>   306-225-3674  <b>Chiropractic Clinic</b>   306-652-4070 or 306-270-0537</p>	<p><b>Hepburn</b>  <b>Massage Therapy</b>   306-290-5416 (The Massage Therapy Studio)   306-380-6622 (JF's Therapeutic Massage)</p>
<p><b>Duck Lake</b>  <b>Carlton Trail Pharmacy</b>   306-467-4555</p>	<p><b>Wakaw</b>  <b>Pharmacy</b>   306-233-4661  <b>Optometry- FyiDoctors</b>   306-233-5455  <b>Massage Therapy</b>   306-270-4948 (Cindy Stein-Churchill)  <b>Dental Clinic</b>   306-233-9999  <b>Chiropractic Clinic</b>   306-233-8730  <b>Physiotherapy</b>   306-232-2030 (Mary Ellen Brockman)  <b>Foot Care</b>   306-417-6612 (Kelly Dorosh)  <b>Emergency Food Aid</b>          ⇒ <b>Wakaw Lions Food Bank</b>   306-233-4222          ⇒ <b>Wakaw Clinic Food Bank</b>   306-233-4611</p>
<p><b>Beardy's &amp; Okemasis Cree Nation</b>  <b>Willow Cree Health Services</b>   306-467-4402          Medical clinic located at BOCN in Duck Lake, SK.</p>	<p><b>Cudworth</b>  <b>Yuzdepski's Pharmacy</b>   306-256-4440</p> <p><b>One Arrow First Nation</b>  <b>One Arrow Health Centre</b>   306-423-5493          Medical clinic located at One Arrow First Nation in Bellevue, SK.</p>

**Note: Some community services listed are private and fees may apply. Call the service provider for more information.**

**Health services provided by Saskatchewan Health Authority are listed on page one.  
 To request revisions to this document, email [NE6.HealthNetwork@saskhealthauthority.ca](mailto:NE6.HealthNetwork@saskhealthauthority.ca)**