



Be SaskWell

Looking for mental health and wellness supports but not sure where to look or how to start? Sign-up for SaskWell to freely receive weekly wellness tips, tools and resources right to your phone!

**Sign-up today! Scan the QR Code
or text "JOIN" to 759355**

**TEXT "JOIN"
TO 759355**

Having difficulties with the QR code or troubles obtaining internet access? Not to worry, call **1-855-237-5934** to sign-up for SaskWell

This research has been approved on ethical grounds by the University of Saskatchewan Research Ethics Board ID: BEH 2281

Standard messaging and data rates may apply.



Keep up-to-date with
SaskWell and follow us
@BeSaskWell



**UNIVERSITY OF
SASKATCHEWAN**