

**Saskatoon Community Clinic
Health and Wellness Websites and Online Resources***

Updated October 2024

*In most cases local or provincial chapters are linked to national websites (i.e., Canadian Cancer Society). When this is the case, only the national organization is listed.

All Health Topics

Government of Saskatchewan – Ministry of Health	www.saskatchewan.ca/government/government-structure/ministries/health
Health Canada	www.hc-sc.gc.ca
Saskatchewan Health Authority	https://www.saskhealthauthority.ca/
Up-to-date – patient links	https://www.uptodate.com/contents/table-of-contents/patient-education/the-basics
National Health Service – UK	www.nhs.uk
Videos - Dr. Mike Evans	https://myfavouritemedicine.com
Mayo Clinic	www.mayoclinic.com
Reducing unnecessary tests & treatments in health care	www.choosingwiselycanada.org
Evidence based look at health care	www.healthydebate.ca
World Health Organization (WHO)	www.who.int/en

Chronic Concerns

Alzheimer’s Disease International	www.alz.co.uk
The Arthritis Society	www.arthritis.ca
Global Initiative for Asthma	www.ginasthma.org
Canadian Council of the Blind	www.ccbnational.net
Canadian Cancer Society – Saskatchewan region	www.cancer.ca
Canadian Celiac Association	www.celiac.ca
Crohn’s and Colitis Canada	www.crohnsandcolitis.ca
Global Initiative for Chronic Obstructive Lung Disease - COPD	www.goldcopd.org
Diabetes Canada	www.diabetes.ca
The Eczema Society of Canada	www.eczemahelp.ca
Epilepsy Resource Website	www.purpleday.org
Gastrointestinal (GI) Society	www.badgut.org
International Glaucoma Association	www.glaucoma-association.com
Heart and Stroke Foundation	www.heartandstroke.com
HIV and Hep C resources	www.catie.ca
Huntington Society of Canada	www.huntingtonociety.ca
International Society of Hypertension	www.ish-world.com
Kidney Foundation of Canada	www.kidney.ca
Canadian Liver Foundation	www.liver.ca
The Lung Association	www.lung.ca

Lupus Canada	www.lupuscanada.org
Multiple Sclerosis Society of Canada	www.msociety.ca
Osteoporosis Canada	www.osteoporosis.ca
Canadian Pain Society	www.canadianpainsociety.ca
Retrain Pain	www.retrainpain.org
Pain (Video)	www.youtube.com/watch?v=C_3phB93rvI
Parkinson Society Canada	www.parkinson.ca
CAPP/ACPP – Canadian Association of Psoriasis Patients	www.canadianpsoriasis.ca
Pulmonary Hypertension Association of Canada	www.phacanada.ca

Family Health Ages and Stages

Breastfeeding Committee of Saskatchewan	http://thebcs.ca/
Canadian Paediatric Society	www.caringforkids.cps.ca
Saskatoon Council on Aging	www.scoa.ca
Canadian National Institute for the Blind	www.cnib.ca
Government of Canada info for Seniors	www.seniors.gc.ca
Saskatchewan Prevention Institute	www.skprevention.ca
SOS Safety Magazine	https://sossafetymagazine.com/about-us/

Health Professional Websites

Dietitians of Canada	www.dietitians.ca
College of Family Physicians of Canada	www.cfpc.ca/Home/
Canadian Medical Association	www.cma.ca
Canadian Nurses Association	www.cna-aicc.ca/en
Canadian Association of Occupational Therapists	www.caot.ca
Canadian Association of Optometrists	www.opto.ca
Canadian Pharmacists Association	www.pharmacists.ca
Canadian Physiotherapy Association	www.physiotherapy.ca
Canadian Podiatric Medical Association	www.podiatrycanada.org
American Psychiatric Association	www.psychiatry.org
Registered Psychiatric Nurses Association of Saskatchewan	www.rpnas.com
Canadian Psychological Association	www.cpa.ca
Canadian Association of Social Workers	www.casw-acts.ca
Saskatchewan Association of Social Workers	www.sasw.ca

Healthy Lifestyle and Prevention

Canada Food Guide	https://food-guide.canada.ca/en/
Dietitians of Canada	www.dietitians.ca
Unlock Food (Dietitians of Canada)	www.unlockfood.ca
Healthy recipe ideas and menu planner	www.cookspiration.com/
Nutrition and recipes for kidney disease	www.kidneycommunitykitchen.ca/
Fight Flu (Government of Canada)	www.canada.ca/flu
Saskatchewan Health Authority flu	www.4flu.ca
Immunize Canada	www.cpha.ca/vaccination
MedSask (College of Pharmacy and	https://medsask.usask.ca/

Nutrition, University of Saskatchewan)	
North American Occupational Safety and Health	www.naosh.org
Pharmacy Association of Saskatchewan	www.skpharmacists.ca/
Physical Activity (Government of Canada)	www.canada.ca/en/public-health/services/being-active/physical-activity-your-health.html
Canada's Physical Activity Guide Handbook	www.physicalactivityplan.org/resources/CPAG.pdf
Canadian Physical Activity Guidelines	https://csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_0-65plus_en.pdf
Physiotherapy Canada	https://physiocanhelp.ca/

Mental Health

Anxiety BC	www.anxietybc.com
Anxiety Canada	www.anxietycanada.com/
Anxiety Centre	www.anxietycentre.com
Anxiety and Depression Association of America	www.adaa.org
Autistic Self Advocacy Network	www.autisticadvocacy.org
Brain Canada Foundation	www.braincanada.ca
Brain Injury Association of Canada	www.biac-aclc.ca
Brain Tumour Foundation of Canada	www.braintumour.ca
National Eating Disorder Information Centre	www.nedic.ca
Canadian Mental Health Association	www.cmha.ca
Canadian Mental Health Association – Saskatchewan Division	www.saskatoon.cmha.ca
National Institute of Mental Health /National Institutes of Health	www.nimh.nih.gov
Canadian Alliance on Mental Illness and Mental Health	www.camimh.ca
Mood Disorders Society of Canada	www.depressionhurts.ca
Department of Psychology , (University of Regina)	www.onlinetherapyuser.ca
Schizophrenia Society of Saskatchewan – Saskatoon Chapter	www.schizophrenia.sk.ca

Patient Advocacy and Experience

Association for Patient Experience	www.patient-experience.org
Institute for Patient & Family Centered Care	www.ipfcc.org/
Moms Stop the Harm	www.momsstoptheharm.com/
Patient and Family Centered Care	www.saskatchewan.ca/government/health-care-administration-and-provider-resources/saskatchewan-health-initiatives/patient-and-family-centred-care
The Beryl Institute – Improve Patient Experience	www.theberylinstitute.org/
Reconciliation Saskatoon (Office of the Treaty Commissioner)	otc.ca

Sexual Health

International Day against Homophobia and Transphobia	www.homophobiaday.org
Society of Obstetricians & Gynaecologists of Canada	www.sexualityandu.ca
OUTSaskatoon	www.outsaskatoon.ca/
Saskatchewan Prevention Institute – our goal is healthy children	www.skprevention.ca
Saskatoon Sexual Health	https://saskatoonsexualhealth.ca/
Action Canada for Sexual Health & Rights	www.cfsh.ca

Women’s Health

World Alliance for Breastfeeding Action	www.waba.org.my
Information about Cervical Screening , Society of Canadian Colposcopists	www.paptestinfo.ca
Endometriosis Org	www.endometriosis.org
Menopause - Society of Obstetricians & Gynaecologists of Canada	www.menopauseandu.ca
Pelvic Floor Pathway (information about incontinence and vaginal prolapse)	https://www.saskhealthauthority.ca/sites/default/files/2022-02/CS-PIER-0212-Booklet-Incontinence-Vaginal-Prolapse-Info.pdf