

Text us your sexual health questions at 1-306-381-4529. We're available to answer between the hours of 8am – 4pm, Monday through Friday

Text us for information, education and support on sexual health related topics like STI symptoms, contraceptive methods, STI and HIV testing and sexual health services.

This service is not intended for those experiencing a crisis. For mental health supports, please call the Saskatchewan support line, 811.