

## Other Community Resources

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Mobile Crisis  
Tel. 306-933-6200 (24 hours)

Problem Gambling Help Line  
Tel. 1-800-306-6789 (24 hours)

Sask. Health Line  
Tel. 811

Smoker's Helpline  
Tel. 1-877-513-5333

Salvation Army  
Tel. 306-44-6280 (24 hours)

YMCA  
Tel. 306-244-2844 (24 hours)

Alcoholics Anonymous (AA)  
Tel. 306-665-6727

Narcotics Anonymous (NA)  
Tel. 306-652-5216

Al-Anon Family Groups  
Tel. 306-665-3838

If you are interested in receiving further information and/or interested in accessing services, please call:

Mental Health & Addiction Services,  
Centralized Intake line:

Telephone: 306-655-7777



**MENTAL HEALTH AND ADDICTION SERVICES—COMMUNITY ADDICTION SERVICES**  
SUITE 156—122 3RD AVE. NORTH  
SASKATOON, SK. S7K 2H6  
P: 306-655-4100 | F: 306-655-4115



[saskhealthauthority.ca](http://saskhealthauthority.ca)

2021 Mental Health and Addiction Services

# ADULT ADDICTION PROGRAMS



Mental Health & Addiction Services  
Saskatoon Area

*Healthy People, Healthy Saskatchewan*

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

## Who Do We Serve

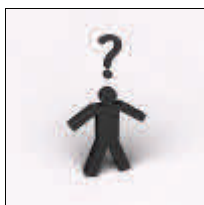
For individuals 18 years or older who are seeking to address their use of alcohol and/or other substances.

Individuals affected by someone else's mental illness, substance use/abuse and/or gambling concerns.

### ALCOHOL/DRUG USE QUESTIONNAIRE

- Have you ever felt you ought to cut down on your drinking/drug use?
- Have people annoyed you by criticizing your drinking/drug use?
- Have you ever felt bad or guilty about your drinking/drug use?
- Have you had a drink or taken a drug first thing in the morning to steady your nerves or get rid of a hangover?

Positive responses may invite further exploration.



## Services Offered

We offer a variety of treatment groups in addition to one-to-one counselling:

Adult Substance Use/Abuse Program assists clients with recovery from substance use and dependency through individual or group counselling.

Adult Family Program provides educational groups and individual support for families affected by someone else's mental illness, substance use / abuse and gambling concerns.

Concurrent Disorders Program assists those clients with mental health and substance use issues through individual or group counselling. It is designed to address both issues at the same time.

Problem Gambling Treatment Programs offers basic and advanced recovery skills through individual and group counselling, as well as, through two intensive treatment programs.

Tobacco Cessation Program includes services for people who would like to quit or reduce their tobacco consumption. Services include individual and group counselling, handouts and resources, education and cessation workshops, and community presentations.

Calder Centre Adult Program is a 32 bed inpatient program providing a safe supportive environment to help individuals with substance use/abuse through the stabilization tasks of recovery.

## Services Offered

Brief Detox Unit is a 12 bed unit which provides a safe place to stay for a short period of time to rest and recover from intoxication or drug abuse. From there, the individual can choose to attend the social detoxification unit for support during their continued withdrawal and recovery process.

Social Detox Unit provides recovering people with a safe place for detoxification. Through professional interventions with staff and programs the client has the opportunity to address their recovery needs. From there, the individual can choose to continue with the recovery process utilizing community supports.

Methadone Assisted Recovery Program (MARS) Under the care of a physician, prescribed methadone can assist you with the physical withdrawal and cravings for opiates, which allows individuals the opportunity to develop individualized recovery skills.

Adult Outreach Services focuses on building bridges between people and services. Outreach Addiction Counsellors provide support to individuals who may present with a number of concerns, which may include substance use/abuse, mental health and addictions issues.