

# Concurrent Disorders Program

The Concurrent Disorders (Dual Diagnosis) Program assists those clients with mental health and substance use issues, by addressing both issues at the same time. The program is designed to be flexible and offers a variety of treatment options.

Concurrent Disorders Groups are run in a safe and welcoming environment.

Groups are held each Friday

1:00 to 2:00 pm (Information Group)  
2:15 to 3:15 pm (Support Group)

**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)

Recovery—  
"Achieving and maintaining a way of living"

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## Examples of Treatment Topics:

- Explore the relationship between substance use and mental health issues (alcohol and depression/ anxiety, marijuana and psychosis, etc.)
- Explore the risk factors associated with having both mental health and substance use issues (more frequent relapses, longer recovery periods, etc.)
- Personalized treatment planning (group or individual context)
- Recovery topics include: safety planning, goal setting, symptoms identification and management (managing cravings, etc.)

For more information please call:

Mental Health and Addiction Services  
Centralized Intake  
Tel. 306-655-7777



Mental Health & Addiction Services  
Saskatoon Area

*Healthy People, Healthy Saskatchewan*

2021 Mental Health & Addiction Services

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