

Who Do We Serve?

The Community Adult Mental Health Programs provides mental health services to adults, families, groups and communities that are experiencing significant distress or dysfunction related to mental disorder, trauma, cumulative stress or problems in living.

The goal of all intervention is to enhance health, well being, relationships and community.

This is achieved by enhancing the ability of the individual, family or group to interact effectively with their environment.

It is also achieved by expanding the capacity of the community to embrace policy and practices that reduce the incidence, prevalence, and impact of mental health problems.



Services Offered

The Adult Counselling Program provides services to individuals and families who are seeking ways to reduce emotional distress and strengthen coping skills. A variety of individual and group services are available that address issues such as anxiety, depression, trauma, mood regulation, grief, anger, eating issues and problem gambling.

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

Community Adult Psychiatry Program provides consultation to family physicians and primary health care workers in addition to the assessment and treatment of individuals who require and can benefit from psychiatric intervention. A doctor's referral is required.

Community Adult Recovery Services is a community-based interdisciplinary team providing effective client-centered services designed to assist adults living with mental illness and addictions in becoming more engaged, stable and resilient in their recovery.

Services Offered

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. Concurrent Disorder groups are run in a safe & welcoming environment.

Early Psychosis Intervention Program provides a structured program of early intervention for people with symptoms of psychosis during their first two years following onset.

The Response to Violence Program includes Alternatives to Violence (services that invite and support men and women to stop their violence to their intimate partners), and the Sex Offender Treatment Program (treatment and relapse prevention services for sexual offenders).

McKerracher Centre Recovery Day Program offers several educational, recreational and social groups and activities to enhance coping skills and quality of life. Upon referral, clients are invited to attend an orientation session, group options are discussed and clients choose programming according to their needs.

Seniors Focus provides case management, education and consultation to seniors over the age of 65 with new onset of or prior history of psychiatric illness that is now complicated by the aging process.

Service Providers

Community Adult staff includes social workers, psychologists, psychiatrists, nurses, addiction workers, occupational therapists, recreational therapists and rehab workers. Because of the varied needs of clients, staff often work in partnership with other caregivers, agencies and organizations in the community.

Community Adult staff utilize population health and community development strategies in their work and are actively involved in education, research and mental health promotion.

Community Adult staff are located at a variety of sites:

- 715 Queen Street
- 314 Duchess Street
- Saskatoon City Hospital
- Sturdy Stone Building
- McKerracher Centre
- Ellis Hall
- Student Health Centre in the University of Saskatchewan campus



Our Vision

*Healthiest people
Healthiest communities
Exceptional service*

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
Fax: (306) 655-4115

www.saskhealthauthority.ca

Adult Mental Health Programs

Saskatoon Area

