



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,
Child and Youth Intake line:

Telephone: (306) 655-7777
Fax: (306) 655-7437

715 Queen Street
Saskatoon, SK S7K 4X4

www.saskatoonhealthregion.ca

2017 Mental Health and Addiction Services

Children's Mental Health Services



We provide mental health services to children birth to age 11, with a strong commitment to promoting and supporting families as the primary context through which children's emotional needs are met.



Who Do We Serve?

The Children's Services Team, Child and Youth Program, Mental Health and Addiction Services, Saskatoon Health Region, provides mental health services to children from birth to eleven years of age and their families.

Children may be referred for a wide range of concerns that include but are not limited to:

- Aggressive/oppositional behavior
- Attention difficulties
- Abuse
- Family violence
- Parenting difficulties
- Anxiety
- Depression
- Trauma
- Attachment
- Social/emotional concerns

Children's mental health needs are assessed in the context of their families and communities. Assessment can include some or all of the following areas of functioning: developmental, personality, behavioral, emotional, social, speech and language, cognitive and family

Treatments and therapeutic services will be determined based on individual client's needs.

Services Offered

- **Mental Health Assessment Services:** family, behavioural, social, emotional, psychological, speech/language
- **Therapy Services:** play therapy, pet therapy, therapeutic drumming, family and individual therapy
- **Group Services:** Incredible Years Parenting Worry Warriors, Zones of Regulation, Understanding Children's Anxiety, Understanding Children's Challenging Behaviours and Understanding Children's ADHD
- **Early Skills Development Program:** school-based intensive social skills program for kindergarten and grade one children
- **Speech and Language Services:** assessment and treatment for children
- **Behavioural Consultation Services:** Providing support to children under age six with behavioural and/or emotional difficulties who are attending licensed childcare centers
- **Case Management Services:** outreach support for families in the Saskatoon Health Region provided in partnership with education and community service agencies
- **Specialized Classrooms:** Services for Children and their families are also provided through various school based partnerships

Service Providers

Services are provided by multi-disciplinary team members with representation from a variety of disciplines including:

- Psychology
- Social Work
- Family Therapy
- Speech Pathology
- Community Mental Health Nursing
- Mental Health Therapists
- Recreational Therapy
- Behavioural Consultants (through Child Care Centres)



We work closely with consulting psychiatrists.