**Concurrent Disorders Program**  
Saskatoon Area

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)

They are held at the Sturdy Stone location:  
Suite 156, 122—3rd Ave. S.

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**Recovery**—
"Achieving and maintaining a way of living"

**Healthiest people**  
**Healthiest communities**  
**Exceptional service**

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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.)

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For more information please call:

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

Saskatchewan Health Authority
Mental Health & Addiction Services Saskatoon Area

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