

Accessing Services

Clients can refer themselves (walk in or telephone). Referrals to a psychiatrist or psychologist must be made through a family physician.

- Humboldt (306) 682-5333
- Lanigan (306) 365-3400
- Rosthern (306) 232-6001
- Wadena
Mental Health (306) 365-3400
Addictions (306) 682-5333
- Wakaw (306) 233-4020
- Saskatoon Mental Health & Addiction Services Centralized Intake
1-306-655-7777
- Saskatchewan Health Line
811 (24 hour service)
- For emergency services contact your local RCMP or Hospital



Our Vision

*Healthiest people
Healthiest communities
Exceptional service*

Rural Services

In Saskatoon Health Region



www.saskatoonhealthregion.ca



Who Do We Serve?

We offer services to children, youth and adults experiencing mild, moderate or severe mental health, substance use/abuse and problem gambling issues.

Our team of professionals use a variety of helping strategies including individual, group and family therapies.

In collaboration with the community:

- To develop and deliver a selected range of high quality, sustainable services responding to customer needs.
- To enhance abilities and opportunities of individuals, families and communities to achieve optimum functioning in daily life.
- To promote mental health by encouraging and supporting healthy lifestyle practices and healthy environmental conditions.

The goal of our services 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.

Services Offered

We offer a variety of services:

- Case management
- Family counselling
- Individual and group counselling/therapy
- Mental health and addictions promotion and education services
- Community development, such as presentations
- Community collaboration
- Referrals to other services/agencies

Addictions:

Anyone can refer individuals to Addictions Services: clients themselves, family, friends, employers, and other professionals. Addictions Counsellors serve adult, youth and family members of those struggling with substance use/abuse (including tobacco), gambling, and/or mental health concerns.

Adult Community Services:

Services are available for persons ranging from young adult (over age 18) to the elderly who are experiencing problems such as: grief, depression and thoughts about suicide, anxiety or any emotional problems which interfere with the ability to live in a mentally healthy manner.

People who are experiencing difficult life circumstances such as victims of abuse, care giving, stress or relationship problems also may find it helpful to contact this service.

Services Offered

Child, Youth and Family:

Counselling services are available for those 18 years and under, and their families who have any relational, emotional, and/or behaviour problems which interferes with the individual's or family's ability to function in a mentally healthy manner.

Mental Health Rehabilitation:

Our Community Mental Health Nurse provides personal counselling and medication management. Services are available for adults, 18 years of age and over.

Psychiatry:

For Psychiatry, a referral is required from a Physician.

Guiding Principles:

- Respect for the dignity and resourcefulness of communities, families and individuals
- Responsiveness and sensitivity to the uniqueness of individuals, families and communities.
- Shared responsibility with, and accountability to, the community for ongoing assessment of needs, response to those needs and subsequent outcomes.