

Our Team



Staff collaborate with schools and other community partners to provide the best health outcomes for youth.

How to Access Services

Referrals to the Youth Community Counselling Program are made by calling:

306-655-7777

Centralized Intake

Or

Complete the on-line form at

<https://mhas.saskatoonhealthregion.ca/>

If you are interested in receiving further information and/or accessing services, please call:

Centralized Intake

Telephone: 306-655-7777

MENTAL HEALTH AND ADDICTION SERVICES—CHILDREN'S SERVICES

715 QUEEN STREET
SASKATOON, SK. S7K 4X4
P: 306-655-7800 | F: 306-655-7437



saskhealthauthority.ca

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

2021 Mental Health and Addiction Services

YOUTH MENTAL HEALTH & ADDICTION SERVICES



Connecting youth and families to promote



Saskatchewan Health Authority

Mental Health & Addiction Services
Saskatoon Area

Healthy People, Healthy Saskatchewan

Who Do We Serve

Youth ages 12 to 18 and their families struggling with:

- Anxiety
- Depression
- Self-harm
- Trauma
- Eating disorders
- Obsessive compulsive disorders
- Early psychosis
- Addictions
- Difficult life circumstances
- Complex family life
- Complicated bereavement
- LGBTQ
- Suicide Risk

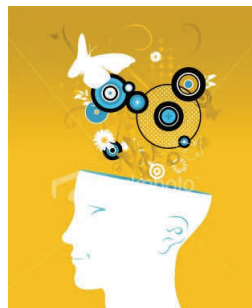
Referrals to Specialized Youth Services

We provide referrals to specialized mental health and addiction services including:

- Psychiatry (through the family doctor)
- Residential addiction treatment
- Day Program: an interdisciplinary classroom for youth whose mental health impacts learning
- Therapeutic residential homes
- Early Psychosis Intervention Program (EPIP)
- Other community-based resources
- Access to secure detox process

What Kinds of Mental Health and Addictions Services

- Individual /family counselling and Therapy
- Outreach/case management
- Nutritional assessment and therapy as part of individual and family treatment
- Psychology consultations and assessments
- Addiction counselling
- Services for Substance affected family members
- Community mental health nursing
- Recreation Therapy as part of individual and family therapy
- School-based education and prevention related to mental health & addictions



Groups for Parents

Addictions Support: Helping parents cope with their youth's substance abuse.



Groups for Youth

- Offered as a follow-up from Individual and Family Treatment
- School-based Substance and Mental Health Education

