

# Your Community has Connections to Help

**Are you concerned that your drinking, drug use or gambling might be more than just a bad habit? Are you thinking about getting help? Are you ready to make a change? Are you worried about someone else's drinking, drug use or gambling? Your community has connections to help at Addictions Services offices across Saskatchewan.**

## How can Addictions Services help you?

These offices are located in communities across the province. You can go there to talk to an Addictions Counsellor if you want to get help for alcohol/drug misuse or problem gambling. Whether you need to talk for the first time or the tenth time, you can contact these services in your region. Please call ahead to make an appointment to see a counsellor.

## Who are Addictions Counsellors?

Addictions Counsellors are health care professionals who know about alcohol, drug and gambling problems. They will encourage you and your family to lead healthy lives and can help connect you to services if needed. By talking with a counsellor, you can make decisions about the best way to get help.

Alcohol dependence is often linked to increased risk of depression and suicide.

## Where can you go for help?

There are many places to get help when you decide to either reduce or stop using alcohol/drugs or to deal with gambling problems. Here are some options:

**Outpatient counselling services** are usually the starting point for many people who want information or who are worried about their own or someone else's alcohol, drug or gambling problems. Working with a counsellor, you will set goals and work on things you want to change. A plan that fits your situation will be made. You can continue to work, go to school and care for your family while attending these services.

Counselling may be provided:

- one-to-one: you can talk to a counsellor by yourself;
- to a family: a counsellor can meet with you and your family to offer support and information;
- in a group: support and information is provided to a group of people with similar concerns and challenges.

## Where else can I get help for alcohol or drug problems?

**Brief detoxification (detox) services** provide a safe and supportive place for anyone under the influence of alcohol or drugs to detoxify and safely withdraw from the substance. **You can contact these services directly.**

**Social detoxification services** are for people with severe alcohol/drug use problems. You will get help withdrawing from alcohol or other drug use much like at brief detox, but for a longer term. You will stay in a facility anywhere from 7 to 10 days. There are both adult and youth services available in Saskatchewan. **You can contact these services directly.**

The **Secure Youth Detox Centre** in Regina is for youth ages 12-17 years who are suffering from severe alcohol/drug use problems and are at risk of harming themselves or others. This service is available for youth from across the province. Two approved doctors must assess and order that a youth be admitted. Typically, this is for youth after other services have been tried unsuccessfully.

**Day patient and inpatient services** are treatment services offered daily for about 4 weeks. For day patient services you go to sessions during the day and then go home at night. For inpatient services you stay at a facility while getting help. **A referral is needed from a health region Addictions Counsellor** for these services.

**Long term residential services** are for people who need help with alcohol/drug use problems but who also have problems in other areas of their lives. This service helps people build life skills so they can lead healthy lives. It is a place people can live for an extended period of time while getting addiction counselling and programming. **A referral is needed from a health region Addictions Counsellor** for these services.

**Transitional housing** is for people who are moving into an inpatient treatment service or back into the community after completing an inpatient treatment program. An Addictions Counsellor provides support to people living in the house. This support can include: helping to learn life skills, finding a job, and linking residents to services in the community.

**Self help groups** can be found in many communities around the province and include Gamblers Anonymous, Alcoholics Anonymous, and Narcotics Anonymous. These groups give support and encouragement to anyone recovering from alcohol, drug and gambling problems. Al-Anon is a group for family members looking for support if someone in their family is using alcohol or drugs. The group setting offers a chance to connect with others going through the same challenges.

A range of addictions services are available. Find the support you need by connecting for help.

## What else does Addictions Services do?

### Outreach services

Counsellors provide help and support in community settings. Counsellors are often available during irregular hours of work. They may have office hours in community locations such as schools, other health centres or community organizations. In some regions, outreach services give youth a safe place to go and be with friends, for example to use computers or do crafts.

### Education and prevention services

Counsellors and prevention workers provide education and information sessions about alcohol and drugs to schools, clubs, organizations and businesses.

## Consultation services

If an organization has staff with alcohol/drug problems, Addictions Services can talk with the employer and can take a referral for staff if needed. Some Addictions Services offices offer alcohol and drug education programs where they give information about alcohol and drugs, the changes involved in overcoming these problems, and the services available to help.

## Whom to contact

Contact your local Addictions/Mental Health Services office, doctor or other health care provider if you need more information. To locate Addictions/Mental Health Services near you:

- visit [saskatchewan.ca/addictions](http://saskatchewan.ca/addictions);
- check the green pages of your phone book for your local health region's services;
- visit HealthLine Online at [healthlineonline.ca](http://healthlineonline.ca); or
- contact HealthLine at 811 and ask to speak to an Addictions or Mental Health Counsellor.



## Where else can I get help for problem gambling?

### Problem Gambling Help Line

The Problem Gambling Help Line provides help to people and their families with gambling problems 24 hours a day, seven days a week. You can call 1-800-306-6789 to receive support and to find out about services available in your community.

### Video Counselling

Live one-on-one video counselling can be accessed in more than 60 locations across the province and is a good option for people living in remote areas where in-person services are limited. This no-cost service is provided in a confidential setting by a qualified health region Problem Gambling Counsellor. To book an appointment you may contact Cathy Dickson at 1-855-765-6550.

### Intensive Counselling

Held in Regina and Saskatoon, these programs are for 30 hours over a 5 day period. Both locations accept clients from across Saskatchewan, with spaces reserved for out-of-town/rural residents. The day programs are intended for: people who want or require more than individual or group counselling sessions, and for individuals who recognize that their gambling is a problem and who have struggled in recovery. For referral information please call the Problem Gambling Helpline.

Young adults age 19-24 years have twice the rate of problem gambling than adults age 25 and up.

### Inpatient treatment

Inpatient treatment is available only through a referral process and prior approval must be obtained from the Saskatchewan Ministry of Health for any costs to be covered.

### Education and prevention

Resources are available for educators, students, people with gambling problems, family members, older adults and the general public. There are also outreach activities throughout the province.

*NOTE: This material is for information only and should not replace advice from an Addictions, Mental Health or Problem Gambling Counsellor, doctor or other health care provider. Not all services are available in each region, but all services listed are available to residents in the province of Saskatchewan.*

To access fact sheet sources please contact the Saskatchewan Ministry of Health at (306) 787-7239.