

BLANK BOOK

lived and living experiences
of crystal meth
in Saskatoon

A YOUTH-LED COMMUNITY PROJECT
COMPILED ON TREATY 6 TERRITORY

Published November, 2021.



chokecherry studios
204-A Ave J South • Saskatoon, SK • Treaty 6 Territory



*In memory of
Brandon 'Smiley' Applegate*

*In recognition of his
leadership.*

*In honour of his
legacy.*

ACKNOWLEDGEMENTS

The Safe Community Action Alliance (SCAA) is an inter-sectoral collaboration of agencies with expertise, experience and interests in issues related to safety and well-being in Saskatoon. The Crystal Meth Working Group of the SCAA is a team of partners with a shared goal to improve the quality of life for those with addictions to methamphetamines. This project would not have been possible without the guidance and support from:

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- Saskatoon HUB
- Saskatoon Police Service
- Saskatoon Tribal Council
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- The Lighthouse Supported Living Inc.
- The P5 Project

We are thankful to Prairie Harm Reduction and The Lighthouse for their supportive efforts to gather the stories that have been compiled in this book and for the important services they offer our community.

Most of all, we are grateful to the community members who entrusted us with their lived and living experiences of crystal meth. This book is dedicated to all of you and would not have been possible without you. Thank you.

THE BLANK BOOK

INTRODUCTION

The Blank Book is a youth-led initiative, in partnership with the Safe Community Action Alliance (SCAA) and Chokecherry Studios.

As youth in Saskatoon, we see the effects of crystal meth use every day. We gathered these stories, in hopes of bringing the stories of those with lived/living experience, to the ears of people who don't see it. People who may not consider it an important issue. People who think that it's a joke. The crystal meth crisis is very real, and the stories you are about to read will bring voice to that fact.

This book is heavy, with some stories of recovery, and some of the strong jaws of substance use disorders clamped firmly on the person telling the story. We have art pieces, with some visual art, and some songwriting. Keep your mind open as you read, there's a lot to learn on these pages.

Crystal Meth.

I destroy homes. I tear families apart. I'll take your children and that is just the start. I'm more precious than diamonds, more valued than gold. The sorrows I bring are a sight to behold. If you need me I'm easily found. I'm all around you in every city and every town. I live with the rich. I live with the poor. I live down the street, even next door. I'm made in a lab, just not the kind you think. I can be made under the kitchen sink. I can be made in the closet or in the woods. If this doesn't scare you to death it certainly should. I have many names but one you'd know best, My name is crystal meth.

My powers are awesome just try me and see try me twice and your soul will belong to me. Once I possess you, you'll steal and you'll lie you'll do what it takes just to get high. The crimes you'll commit for the high and fame will be worth millions once I get in your veins. You'll lie to your mom and steal from your dad, when you see their tears, you won't even be sad. You'll forget your morals and how you were raised, once I teach you my worthless ways.

writer, energetic, bright, shy, amazing. 13 years old.

I'll take your friends, your control, your pride,
but I'll always be with you, right by your
side. You'll give up your friends, your family,
your home. When you run out you'll be all alone
I'll take and I'll take till there's nothing
to give and when I'm through you'll
be lucky to live. You can try me for fun
but I'm no game, giving the chance I'll
drive you insane, I'll give you nightmares
while you lie sweating in bed I'll be the
evil voice inside your head. You shouldn't
have tried me. How many times were
you told? but you challenged my powers
now could you have been so bold? You
couldn't say no and just walk away.
If you could do it all over again
what would you say? I'll be your
master, you'll be my slave. Don't fear
being lonely, I'll walk with you to your
grave.



caring, compassionate, grumpy, short-tempered. 60 years old.

I have been a "meth head" for approximately 15 years. I started after my wife died and then I sunk into a deep hole. I was an alcoholic but when she died I lost everything including the house, car, daughter. I moved with a friends boy and that is when I tried meth for the first time and I never looked back. It helps me get though pain of my feet and knees. It is a cheap drug and very accessible. It makes me feel young and more energetic. I know it will cause me some jail time but it won't matter, it will give me time in jail to straighten out.

artist, First Nations, fuck up. 21 years old.

In our minds was the war

Dropped out of my class,
Never was good with the science
Them cells be confusing,
Selling and using
Ten for a pack got me to love what I'm doing
then I look back
back to the times on the floor
and how in our minds was the war

Low, we so high
survive on the fueling
engulfed in the smoke
huff til we choked

If there's one thing I can say
it's truly a view thing
When I was young
it was numbing the pain
Couldn't stomach the flame
had plummet when I saw what
my mom had in the vein
Was Sick, throwing up none,
hard saying no
so just kept my mouth shut

So I write hoping I can help out cuz
One knowing there's more
Makes it not so cold in our war
In family n words is power
furshore.

overcomer, straight forward. 33 years old.

Today, I consider myself a survivor, an overcomer of many things, life experiences, and people who sought to destroy me. I tell people you don't just wake up one day and think it's a good idea to try drugs like Crystal Meth. No. It goes much deeper than getting a temporary high, ya know? My story begins with a whole lot of trauma. It was 1988 when I arrived in this world at the Prince Albert Hospital. Fetal Alcohol Syndrome (FAS). As a little girl and throughout my teen years, I witnessed violence and abuse and experienced abuse first hand within my own family. I ended up leaving the reserve and as a result of all the pain and trauma I experienced, shelters and psych wards in Prince Albert and Saskatoon were my home away from home for many years.

Eventually, I ended up living on the street and was turning tricks, introduced to cocaine to get high but also to numb the pain of life's experiences. I didn't know it at the time, but I was being sexually exploited and eventually trafficked here in Saskatoon. I didn't trust anyone - not cops, faith people, people at shelters, doctors - no one. Little by little, my soul became more and more numb. My lifestyle was killing me slowly. Survival mode was a combination of living in fear, paranoia or doing what I could to get high. Crystal Meth was a way of escape. A deceptive, destructive one at that. When I first did Crystal Meth, I heard police sirens in my head. When you're high, you feel like they're

really there. The more I used, I started seeing things or people that weren't really there (as others who were sober would tell me). I would black out often, wake up in different places, and couldn't remember how I got there. I had delusions, hallucinations, and many times felt the presence of evil. I felt a demonic spirit take over my soul at times. Little by little, Crystal Meth makes your heart hard. You don't have a sense of being a human being as your feelings are gone while you are high.

Addiction is understood as a fluid state of being, a person's attempt at surviving the imbalance of self and the disconnection from identity, family, kin, culture, meaning, and hopefulness." - SCAA

This newfound "family" I thought cared for me wanted to destroy me. Using Crystal Meth was one way to cope with pain from my childhood that wanted to surface and the current reality I found myself in. Looking back, if I didn't get out when I did, I am sure I'd be missing or dead by now. Intuition kicked in many times - which saved my life, I'm sure.

SCAA's report on Crystal Meth talks about drugs being like an "artificial spirit." I get that. It was wanting to take over my whole being, but all it made me feel in the end was dead inside.

"People won't find success in recovery until the pain associated with using is worse than the pain associated with stopping." - SCAA

I am 33 years old now and have started a more focused healing journey these last 4 years to help me move forward in life from past trauma and finding deeper roots to know who I am, me - Angelina Bear. One who is worthy of love, acceptance, security, and wholeness. I am an Indigenous woman who has learned to love myself more, care for others, and now has a reason to live. A major step for me was getting my own apartment for the first time in my life. I grew in my faith and, although it has taken a long time to trust people, I have come a long way.

Many people have tried to help but I pushed them away for many reasons. I probably wouldn't be alive today if it weren't for the police, the agencies who wouldn't give up on me, the doctors, the counselors, and social workers.

Where would I be without people loving me, offering me a shoulder to cry on, friends to laugh with, pray with, do life with? I am finding stronger roots on my healing journey with my Creator, with myself, and others. Sure, I had a major setback when the pandemic hit. A family member was in the city and brought me Crystal Meth, and I used. As a result, I experienced the biggest scare of my life with what I saw when I was high.

Coming off it, I was at an all time low. I reached out to people to help me, and this past year I have had to do deeper healing work. Rather than beating myself up for it, I am walking in grace. I am so thankful for those who haven't judged me and met me where I was at.

What would I do next time if I was tempted to use Crystal Meth or other harmful drugs? I'd first do an inventory where I can see where I am at and why. Then, with a bit of self talk, asking "Hey Angelina, is it worth it?"

Then, I would access my spiritual practices like reading helpful verses or singing/playing worship music to fill the room and my head and heart. I have learned that just because you have the thoughts, doesn't mean you have to act on them. Either before, during, or after this time, I would call someone. It may be a mentor, a professional contact who gave me their card, or a faith leader I trust who can pray for me.

My advice to those who are using or tempted to use Crystal Meth? Be careful of the company you keep. Stop hanging out with people who use drugs. Surround yourself with people who care and can get you involved with positive things in our community. If you've had bad experiences with people who tried to help, don't give up. Find the support you need in the community and do all you can to find addiction counseling. Open up. Don't hold things in. If you do, it will kill your soul inside and the drugs will keep calling to you.

To overcome your fear of trusting people, take one step at a time. There are people out there that care for you, who want you to be well. Not everyone out there is out to get you. Talk to an outreach worker in your area to give you support and advice.

Above all, know you are made for a purpose. If you haven't pursued the spiritual aspect of who you are and finding meaning in your true identity, take a step of faith. Believe me, it's worth it.





goth, hoodlum, misfit, brother, artist. 21 years old.

Have you ever chased a high that turned days into weeks, weeks into months as your begging for trust, All of your family and friends beg for you to act sane once again. Then in a fit of rage and fear you sell stolen items and your belongings and call it hustling. Fearing that those shadows in the dark corners are people coming to collect from all the fronts and robberies. A high so horrible you'll get scared of your own shadow.

father, cousin, son. 28 years old.

I want you to know that crystal meth makes your best people turn on you and it makes them do things that they won't do real talk. Crystal meth has robbed the people that I've loved. Love yourself. [I'd like to see] leaders being escorted around, hands on, talking with people on a daily basis.

People won't find success in recovery until the pain associated with using is worse than the pain associated with stopping.



Dear Dad,

Just because no one else
can heal or do your inner work
for you

Does Not Mean That
You Can, Should, Or
Need To Do It +

ALONE.

sincerely, your child



cousin. 46 years old.

What changes do you want to see? How can our community better support people living with addictions to crystal meth? *Better places for people to sleep*

What changes do you want to see? How can our community better support people living with addictions to crystal meth?

"Better places for people to sleep"

on drug ink's and it looked awesome. And I need to find a new group of friends. My kids are starting to be distant. I will be a better person if I move. Saskatoon is the worst city to be in if you have a good place to chill.

What do you want people to know about crystal meth addictions that might not know?

What do you want people to know about crystal meth addictions that they might not know?

"It fucks you up."





mother. 23 years old.

I started using crystal meth when I was 16. I got really addicted to it to the point to where I didn't eat, didn't sleep, got involved with the wrong crowd of people.

I couldn't be without it. It made me sick if I stopped using. My withdrawals got bad so I distanced myself from family and friends. I couldn't do it anymore it was turning me into someone I didn't like so I sobered up.

The first few weeks were the roughest the withdrawal. Alone, felt like I was dying but I haven't looked back since I stopped which was 7 years ago now I'm a mother with a beautiful son.

NOW I'M A MOTHER
WITH A BEAUTIFUL SON.



artist, community leader, exhausted. 19 years old.

the most difficult thing about having a family member use crystal meth is learning to accept it. until you accept that you can't change someone else, you're going to struggle. all being angry is going to do is cause harm to you, to your family, and to all of your relationships.

in order to move forward, you have to accept that harm reduction and actively practicing it are now a part of your life, whether you like it or not. you can choose to ride that wave, or you can continue to struggle, and eventually, drown.

life sucks, god. 41 years old.

What do you want people to know about crystal meth addictions that might not know?

What do you want people to know about crystal meth addictions that they might not know

"about the affects of the brain damage the people they hurt by stealing, losing there live leaks the dirty handling of the drug dirt blood on the meth.

How has crystal meth affected your life or the lives of people you know?

How has crystal meth affected your life or the lives of people you know?

Yes they took everything from them no one wants [?] people around, we just burnt of bridges everywhere we got dont like the thinking people [?] us they can't see the good [?]"

What advice would you give someone going through crystal meth addiction?

"Just take it day by day."

What changes do you want to see? How can our community better support people living with addictions to crystal meth?

What changes do you want to see? How can our community better support people living with addictions to crystal meth?

"Good luck on that, hopefully they can use the elite and give god a chance to use"

brother, friend, youth. 20 years old.

A story

One of my first stories from when I first started using was in November of 2016. I would say this was the fourth month of me using, and the third month of me shooting. Keep in mind I was only fifteen at this age. So I was getting on one with the dude who got me into all of this and he gives me a really big shot, doctors me, and then leaves when he sees I am starting to freak out because my brain just can not handle the amount of meth in my system. It seemed to be a huge coincidence that the power went out right after he left which swung me full force into a mini-psychosis for the first time.

I ran outside to my backyard to see what was going on, not knowing sanity had left, and at the back fence in lieu of a door there were demonic hooded short people. Their hoods ended in a long point (something akin to the monsters I would draw as a child) and they seemed to be impossibly close to each other. Understandably, I freaked the fuck out and ran to my garage which was located to the right of my back door.

My garage had rooms and one of the rooms I would spend most of my time in, which was the room I went to. This was a bad decision and once I entered the room at the far right corner from the door, on top of many boxes, was an evil furby. I cannot explain what it looked like besides those two words. I freaked out more after this but its not that funny or entertaining but yeah, don't do drugs kids.

artist, brother, uncle, friend. 21 years old.

Crystal meth has affected me by taking my privacy. Imagine walking down the street thinking everyone's watching you because you hear rumours from people within you.

Imagine staying up for days trying to keep your life intact without realizing that you're no longer chasing a high - but running from a low. Buying to escape withdrawals just so you can accomplish simple tasks.

Imagine pleading in terror. Real fears being pushed away, dismissed and told that your fears are a drug psychosis no matter how real they are to you.

In the world of meth, I see humans but no humanity. Those who were supposed to be there for you look at you like you're a piece of shit. And those against you grin because their meth controls your life now.

You couldn't imagine because you have to live with it. But I just told you about the nightmare. So you already know not to live it.

METH
IS NO JOKE

May 1998

DRUGS
ARE
BAD
KIDS



PROPER
VAGME

FAKE
THE
PROPAGANDA

Imagine walking down the street thinking everyone's watching you because you hear rumours from people within you.

father, community leader, advocate, cousin. 40 years old.

Jail.

• It's not worth it.

• Nothing good.

Jail

- It's not worth it

- Nothing good

- Try harder

- Cleaner meth less down

- More places like [The Lighthouse]

- I'm hooked on crystal meth unfortunately.

I know I should quit, but highly unlikely.

student, musician, poet, artist, son. 19 years old.

I still remember the first time we met.
Greeting you into my body, soul, and spirit
Is something I will always regret.
I was lost when I first met you.
Letting you into my life was like climbing a ladder
But with each step I took was a knife
Getting higher into the sky like a kite
You left my body weak
this mental battle I was trying to defeat
I stepped into the darkness for a moment
but it was already too late
I lost the light and I eventually gave in
and finally decided it was fate
That I was always going to be lost
Losing yourself and the closest people to you is the cost.
Sleepless nights and not feeling like you have no purpose to live
Being homeless and feeling hopeless is the only thing you must give.
Blocked calls and burnt bridges
Holes in the wall and doors off the hinges
Filled with rage it was hard to flip the page
Until I one day I gathered the courage to change.

happy, thankful, kind hearted. 41 years old.

I lived in Regina I used all my life and became a famous criminal and never knew it till people told me and was amazed--
"I lived in Regina and used all my life and became a famous criminal and never knew it till people told me and was amazed--
I had a hard life and it just got more--"
I had a hard life and it just got more--"

What do you want people to know about crystal meth addictions that might not know?

How much do [you] need to do if your overdoses
What do you want people to know about crystal meth addiction that they might not know?

"How much do [you] need to do if your overdoses"

How has crystal meth affected your life or the lives of people you know?

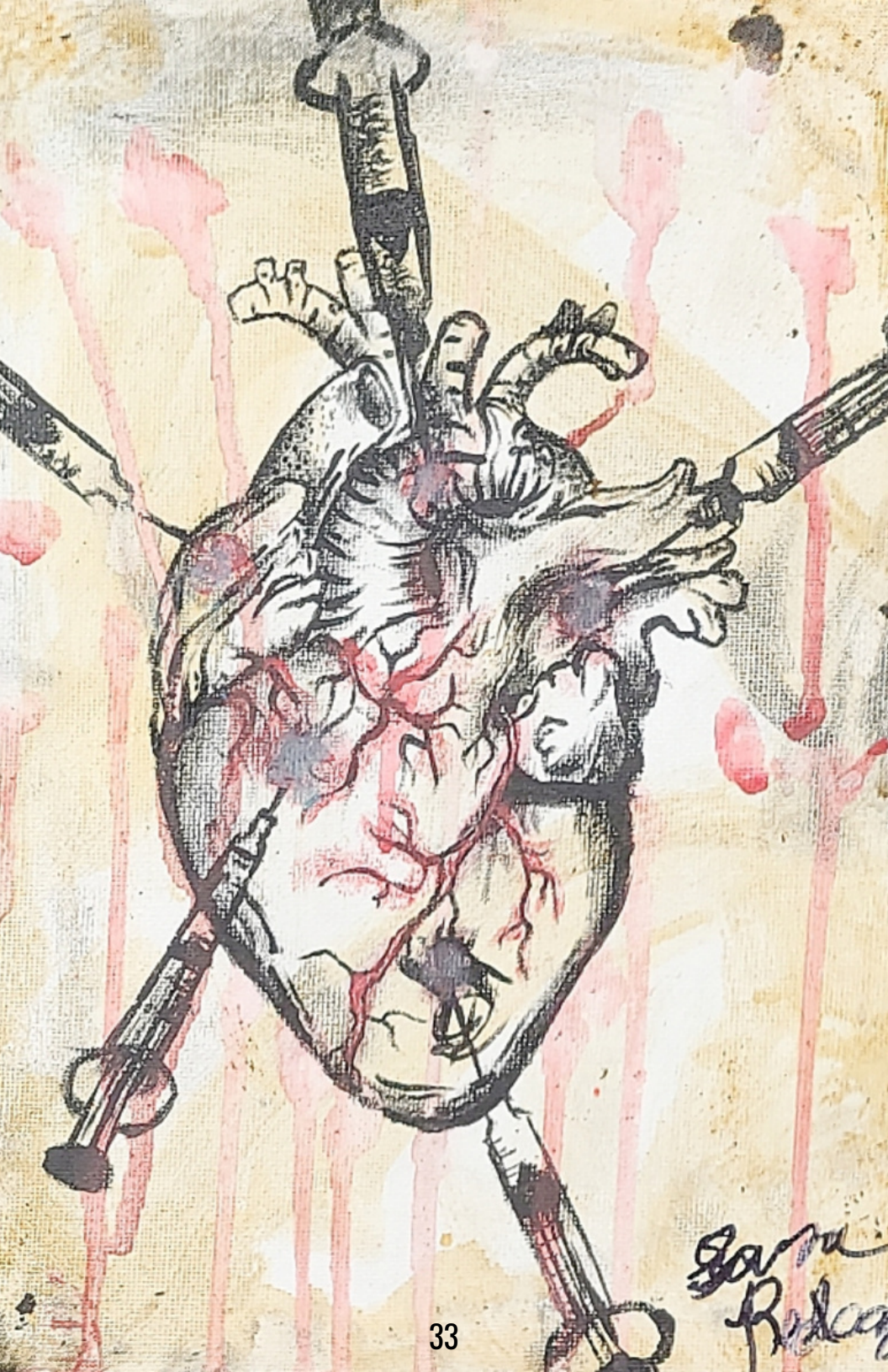
Being on the streets for a while
How has crystal meth affected your life or the lives of people you know?

"Being on the streets for a while"

What advice would you give to someone going through a crystal meth addiction?

Stop right now or move away from it and make new friends
What advice would you give to someone going through a crystal meth addiction?

"Stop right now or move away from it and make new friends"



Sam
Ridgway

leader, artist, auntie. 20 years old.

**You hurt me, you hurt my family, you hurt my friends
You hurt the people I love the most
I see you everywhere I go
I may not see you directly
But I see you in the eyes of others
It was only this month
I finally had an entire year of not depending on you
1 year clean finally, almost relapsed
But held my strength with me not to
1 year clean
And your still hurting the people I love most
1 year clean
And you still think I'm not strong enough to go without you
Yet here I am
1 year clean
And many more to come
I've had reason before to quit you
Now I have even more reason to
Now I carry a little one
With and in me**

Otherworldly
beauty

N
in
b

Re cov

laughter
Is The

BEST MEDICINE

ew

once-outlawed

snapshot

sight

in to

behaviour

Cree

ery

The terrible bear

spirit

pride

dignity

summer adv

I See Change



The last time I used was December 7, 2003. I didn't mean for that to be my last day but I am very grateful that it was. I was homeless and had been moving from place to place to wherever I could find to crash. I was exhausted. My only belongings I had was a red hoodie, a pair of hospital pants and my drug kit. Nothing else.

I don't know what made me call my mom that day. She answered and all I said was, "Mom, I need to come home". My mom always came to get me when I reached out. My family never gave up trying to help me.

I thought I would just take a break. I just wanted somewhere safe to sleep. I wanted a shower, a change of clothing. I decided the next day to go back to detox. I stayed the whole week that time. I was so sick, I was so tired. No matter how hard I tried all I could do was sleep.

When I left detox that time I decided to go back to my parents house. I just needed a little break. I didn't want to quit forever just until I got back on my feet and then everything would be fine. After a break I could use again and this time it wouldn't get so bad. I started going to 12 step meetings.

I started seeing a psychiatrist. Turns out I wasn't bi-polar. I had drug induced psychosis. About 3 months into my break I got pregnant. The guy I was with made it very clear that he was not going to stick around but I knew that I needed to keep this baby. That was the moment where my break turned into 17 years of recovery from crystal meth, cocaine and alcohol. My daughter saved my life.

Letting you into my life was like
climbing a ladder but with each step
I took a knife.

anonymous.

How has crystal meth affected your life or the lives of people you know?

MY family dont talk to Me

What advice would you give to someone going through a crystal meth addiction?

just dont do it

What changes do you want to see? How can our community better support people living with addictions to crystal meth?

Stay home

First time I did meth

I wasnt told there was

"First time I did meth I wasn't told there was meth in it but I was so high and I never stopped, and I'm still going"

Meth in it I was so
High and I never stoped
and Im still going

castaway, explorer, human. 17 years old.

for me, i started the city life determined that i would never do meth. i would look down on people that use. i see them collecting bottles all day to fuel their addiction.

but what i didn't expect, was to see kids at my group homes secretly using in there rooms at night without the staff having a clue. and i also didn't realize how cheap it was. i wondered how something so readily available and inexpensive could ruin lives and send people into a rut.

then i tried it. it was the best decision i ever made for a whole 10 mins. and then it was hell. extreme paranoia and anxiety. that's what turned me off of it for good.

mother, community leader, advocate. 38 years old.

The first time I smoked meth I didn't know what I was smoking. At the time I did whatever was handed to me with no questions asked. I remember immediately feeling amazing... like the whole world was floating on a cloud. At the time lots of people I was around were strung out on down and meth was this magic drug that everyone thought was the cure to injecting opiates. It was supposed to make things better.

What happened over the next few years of was not better. Everyone literally lost their minds, no one was sleeping, everyone was stealing and hoarding things, constant paranoia was a normal thing. I lost my mind. My meth addiction landed me in the psychiatric ward more than once. There I was told I had bi-polar. I went to detox more times than I can count. There I was told I was just an addict. I would try to go to treatment and told I needed to deal with my mental health. I would try to get help for my mental health and would be told I needed to stop using first.

No door felt like an open door. My family was desperately trying to help me and I desperately didn't want to be that person anymore but no matter what we all tried nothing felt like help.

anonymous.

 Took the key back
 And broke through your chains
 Fell in love with my reflection
 And thrived into a new direction
 You were designed to ruin society
 Stealing young souls from sobriety
 Destroying families by the dozens
I've seen you change the life of my cousin
She hasn't been the same for some years
 The devils whisper, she heard in her ear
 This cursed drug wants me finding a cure
We barely speak anymore I think it's been a year
 Losing her to this drug has me in fear
I can't lie some of us are used to living life on the edge
 But what you going to do
 when you're hanging by the ledge

I'm sharing my story
In hope of sharing a new perspective of addiction
So one day maybe you can see my vision
Addiction isn't easy and it will never be
Take some time and one day you'll see
how good it feels to be free
When not feeling numb
Feels amazing and you can feel your heartbeat like a drum
Think about where you come from
And think about your mum
She just wants her to daughter/son to come home
I promise you're not in this alone
Next time pick up the phone, not all of us live forever
You can fix those connections you might have severed
Those heavy feelings will feel light as a feather
Through whatever weather you'll realize things get better

1%. 48 years old.

I would even tell the devil what
it would be

I would even tell the devil what it was.

Don't roll
the bowl

Roll
in dough

Christy



father, community leader, advocate, cousin. 32 years old.

You lose your spirit within of feeling and thinking better ways of helping yourself and feeling normal as you once were before you came in contact with this kind of drug if you really think about it.

scorpio, simp. 19 years old.

This one time last November i needed to go re-up to fuel my drug addiction and i took everyone in the house with me except two fent heads, well they all wanted to come so whatever.

On the ride I ended up stopping to grab a new pipe and some gummies just cuz. When we got back to my house we went straight to my room to weigh out some things and when we entered my 55 inch TV was missing. So we went around the house looking for it even in the weird spots.

Once it was for sure gone I woke up the two fent heads and asked them if they knew where it was and they said they were sleeping, I believed them at the time. I started calling everyone I knew who had access to my house and no one knew where it was. So that's when I knew the TV was gone.

Moral of the story - don't leave your house unattended when your on drugs. It all revolved around people needing to fuel their drug addiction.

leader. 41 years old.

When I come down from crystal meth, I feel like I'm dying. I can't focus without it. I love crystal meth as much as I love my kids. The advice I would give is don't ween yourself out. Drugs aren't going to fix anything. You have to know how much to take so you don't kill yourself. The changes I want to see is people's mood. I want to see good happy people. The way I would support is understanding that people have different needs and try to give them their needs.

Love yourself.

RESOURCES & SUPPORT

FOR THOSE EXPERIENCING ADDICTIONS TO CRYSTAL METH IN SASKATOON

BRIEF AND SOCIAL DETOX UNIT

Brief and Social Detox Unit provides clients with detoxification supports. 12 beds are available to provide individuals with a safe place to sleep where they are supervised. Withdrawal management (social detox) is a recovery based program that focuses on the management of physical withdrawal symptoms while engaging in a recovery process.

201 Avenue O South
Saskatoon, SK
S7M 2R6
(306) 655-4195

CALDER CENTRE

A variety of therapeutic approaches and philosophies. Length of program: based on a 4-week residential stay. Shorten or extend stay depending on needs. Support and education.

2003 Arlington Ave
Saskatoon, SK
S7J 2H6
(306) 655-4500

CALDER RESIDENTIAL TREATMENT - YOUTH

Youth, ages 12-18. Providing safe, trusting environment. Facilitating physical and emotional stability. Assessing individual needs. Providing counseling, education and assistance with recovery plans.

2003 Arlington Ave
Saskatoon, SK
S7J 2H6
(306) 655-4500

CENTRAL SASKATCHEWAN AREA OF NARCOTICS ANONYMOUS

Find NA meetings online and in-person at a number of different locations in the city or call the phone-line which is monitored by NA members. Leave a message.

csana.ca
(306) 652-5216

COAST - COMMUNITY OUTREACH AND SUPPORT TEAM

Assist in stabilizing individuals with mental health and substance use disorders in the community. Assist with food and shelter concerns. Assist with medical transportation. Home withdrawal program.

315 Avenue M South
Saskatoon, SK
S7M 0Y9
(306) 655-4195

COMMUNITY ADDICTION SERVICES - ADULT

Mental health and addictions services. Other services in the Saskatchewan Health Region (Saskatoon area).

Sturdy Stone Centre
122 3rd Avenue North
Saskatoon, SK
S7K 2H6
(306) 655-7777

COMMUNITY ADULT MENTAL HEALTH SERVICES

Community adult counseling program.

Main Office:
4th Floor - 715 Queen Street
Saskatoon, SK
S7K 4X4
(306) 652-5216

COMMUNITY ADULT RECOVERY SERVICES

Services for individuals who have significant changes in their quality of life due to deterioration of mental health and addictions.

314 Duchess Street
Saskatoon, SK
S7K 0R1
(306) 655-7777

HOMEWOOD HEALTH - PRIVATE

Holistic treatment focusing solely on addiction. medically assisted management. 24-hour clinical care. Outpatient treatment. In-patient/residential treatment. individualized treatment. 12-step program. Aftercare support.

201 21st Street East
Saskatoon, SK
S7K 0B8
(306) 652-1055

MCLOED HOUSE

Transitional home providing a safe, secure environment for men in addictions recovery and offer support services and programming for men post-treatment and recovery while helping them transition into independent living.

101 Ave T South
Saskatoon, SK
S7M 3A7
(306) 975-9999

METIS ADDICTIONS COUNCIL OF SASKATCHEWAN

Day program. Flexible drop-in, harm reduction approach to recovery and well-being. Individual counseling offered Monday - Friday mornings. Afternoons, 1-4PM, participants attend education and supportive group workshops.

335 Avenue G South
Saskatoon, SK
S7K 1V2
(306) 652-8951

METIS ADDICTIONS COUNCIL OF SK - TREATMENT CENTRE

Inpatient treatment 28-day residential option for adults. Holistic programming, therapeutic group workshops, one-to-one counseling, education sessions, self-help meetings, cultural teachings, recreational programming and more. Outpatient treatment- a helpful approach for those in all stages of recovery as the counsellor can provide addiction screening, assessment, pre-treatment readiness/aftercare counselling, relapse prevention, and community referrals.

335 Avenue G South
Saskatoon, SK
S7K 1V2
(306) 652-8951

METIS NATION - SK MENTAL HEALTH & ADDICTIONS PROGRAM

Provides a toll-free for help navigating mental health and addiction support.

201-208 19th Street W
Saskatoon, SK
S7M 5X8
1-855-652-8951

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Saskatoon, SK
S7K 1V2
(306) 652-8951**

PRAIRIE HARM REDUCTION

Safe sex supplies. Inhalation supplies. Safe consumption. STBBI testing. Support, education or referrals. Naloxone pick up and delivery.

**1516 20th Street West
Saskatoon, SK
S7M 0Z6
(306) 242-5005**

SASKATOON TRIBAL COUNCIL

Needle exchange and distribution. STBBI testing. Inhalation supplies. Support, education and/or referrals.

**1514 20th Street West
Saskatoon, SK
S7M 0Z6
(306) 956-6100**

THE LIGHTHOUSE

Emergency shelter. Medical clinic and on-site care team. Mobile outreach, complex needs program, stabilization unit.

**304 2nd Avenue South
Saskatoon, SK
S7K 1L1
(306) 653-0538**

THE RETREAT HOME

Supports for young women between the ages of 12-18 years old with mental health and addictions needs.

**485 1st Ave North
Saskatoon, SK
S7K 1X5
(306) 931-6644**

WWW.REACHOUTSK.CA

Online information hub for Crystal Meth in Saskatoon. Includes a provincial resource map for people looking for support, access to educational information, resources and awareness videos.

OTHER SUPPORT SERVICES

MOBILE CRISIS SASKATOON

(306) 933-6200

YOUTH COMMUNITY COUNSELING

(306) 655-7777

HEALTHLINE

8-1-1

KIDS HELP PHONE

1-800-668-6868

HOPE FOR WELLNESS HELPLINE

1-855-242-3310

The Hope for Wellness Helpline offers immediate help to all Indigenous persons across Canada. It is available 24 hours a day, 7 days a week to offer counselling and/or crisis intervention.

