

# RESOURCES

## Problematic Substance Use and the Workplace



### WORKPLACE RESOURCES

#### **Impaired at Work**

A guide to accommodating substance dependence

#### **Canadian Center on Substance Use & Addiction: Workplace Safety**

A collection of resources to help reduce the harms of substance use for Canadians, particularly those working in construction and the trades.

### SUBSTANCE INFORMATION

#### **Know Your Drugs**

How to prevent & respond to an opioid overdose & use substances more safely.

#### **The Meth Booklet**

A harm reduction guide for people who use methamphetamine.

### ADULT SERVICES

#### **SHA - Mental Health & Addictions**

The Saskatchewan Health Authority (SHA) Mental Health and Addiction Services (MHAS) represent a continuum of care ranging from prevention/early intervention through to very specialized treatment, are provided free of charge to residents of Saskatchewan.

#### **Addictions Treatment**

An overview of the alcohol and drug services provided in Saskatchewan.

#### **Possibilities Recovery Center**

Possibilities Recovery Center provides its clients with an unparalleled holistic addictions program experience as the most trusted outpatient recovery Center in Saskatchewan.

#### **Alcoholics Anonymous Saskatchewan**

If you have a drinking problem and want to contact someone in Alcoholics Anonymous (A.A.), this website offers a number of ways to do this.

#### **NAR Anon Family Groups**

The Nar-Anon Family Groups is primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone very near to you.

#### **CMHA: For Family**

Families are the first and best line of defence for their loved ones. They support, lead, advocate and often bear the burden of ensuring their loved ones living with mental illness get the help they need.

#### **Prairie Harm Reduction**

Prairie Harm Reduction is a community based non-profit organization, in the heart of the inner city of Saskatoon.