Contact OAT Clinic Near You

VIRTUAL ACCESS TO ADDICTION MEDICINE (VAAM) – open 7 days a week including stat holidays

1-844-449-8226

Call the number or scan the QR code for more information.

You can access Saskatchewan's 24-hour health and mental health support line by dialing Healthline 8-1-1 and dial 9-1-1 for all emergencies.

REGINA OAT CLINIC – 306-766-6350
1048 Albert Street, Regina, SK
Hours: 8 a.m. to 4:30 p.m. | Monday to Friday

OPIOID ASSISTED RECOVERY SERVICES (OARS) – 306-655-0480
1611 20th Street West, Saskatoon, SK
Hours: 8 a.m. to 4:30 p.m. | Monday to Friday

OARS - MAYFAIR CLINIC - 306-655-4006
504 33rd Street West, Saskatoon, SK
Hours: 8:30 a.m. to 4:30 p.m. | Monday to Friday

CRESCENT VIEW CLINIC (CVC) – 306-691-2040
131 1st Ave NE, Moose Jaw, SK
Hours: 9 a.m. to NOON; 1 to 4 p.m. | Tuesday

SWIFT CURRENT OAT CLINIC – 1-877-329-0005
400-350 Cheadle St W, Swift Current, SK
Hours: 8 a.m. to 4:30 p.m. | Tuesday

KINDERSLEY OAT CLINIC – 1-877-329-0005
1003 1st St W, Kindersley, SK
Hours: Contact clinic to inquire

MIKO-MAHIKAN RED WOLF CLINIC – 306-332-5500
203 B Broadway St. Fort Qu'Appelle, SK
Hours: 9 a.m. to 4:30 p.m. | Monday to Friday

Saskatchewan Health Authority

TURNING POINT PROGRAM – 306-786-0637
345 Broadway St. W, Yorkton, SK
Hours: 9 a.m. to NOON; 1 to 4:30 p.m. | Monday to Friday

KAMSACK PRIMARY HEALTH CARE CLINIC– 306-542-5400
880 Dixon Avenue, Kamsack, SK
Hours: 9 a.m. to 5 p.m. | Monday to Friday

ACCESS PLACE (PRINCE ALBERT) – 306-765-6544
101 15th Street E (2nd Floor), PA, SK
Hours: 8 a.m. to NOON; 1 to 4 p.m. | Monday to Friday

PRINCE ALBERT RECOVERY PROGRAM – 306-953-6241
Co-operative Health Centre 110 8th Street E, PA, SK
Hours: 8:30 a.m. to 5 p.m. | Monday to Friday

BATLLE RIVER TREATY 6 HEALTH CENTRE – 306-937-4070
1202 101st Street North Battleford SK
Hours: 9 a.m. to 4:30 p.m. | Monday to Friday

LA RONGE MEDICAL CLINIC – 306-425-2174
809 La Ronge Ave, La Ronge, SK
Hours: 8 a.m. to 5 p.m. | Monday to Friday

BUFFALO NARROWS CORPORATE OFFICE – 306-235-7887
Unit 5-1491 Pederson Avenue Buffalo Narrows, SK
Hours: Contact office for hours

NW1 OAT PROGRAM – 639-821-7763
Beauval-La Loche, SK
Hours: 8 a.m. to 5 p.m. | Monday to Friday

Mental Health and Addictions search-by-service:
Scan the QR code to visit the Saskatchewan Health Authority website, where you can find mental health and addiction services in your area.

P I E R

CS-PIER-0389

saskhealthauthority.ca

Healthy People, Healthy Saskatchewan

Saskatchewan Health Authority

Opioid Agonist Therapy (OAT)



Photo by Lina Trochez on Unsplash

P I E R

CS-PIER-0389

Area: Provincial
NOVEMBER 2026

What is OAT?

Opioid Agonist Therapy (OAT) is a safe and effective medical treatment for opioid use disorder. It involves prescribed medications, such as methadone or buprenorphine, that help reduce cravings and withdrawal symptoms.

OAT helps stabilize the brain and body. When it is taken as prescribed, it does not cause the same “high” as other opioids. This allows people to focus on their health, relationships, and daily life.

OAT is evidence-based and widely used across Canada to support recovery and reduce the risk of overdose.

How OAT Can Help

OAT can support you in many ways:

- Reduces cravings and withdrawal symptoms
- Lowers the risk of overdose and death
- Helps stabilize daily life
- Improves physical and mental health
- Supports connection to health care and other services

Scan the QR code to visit the Opioid Agonist Therapy (OAT) webpage on the Saskatchewan Health Authority website.

What to Expect When Starting OAT

Starting OAT begins with an assessment by a health-care provider. Together, you will decide on the best treatment plan for your needs.

Early in treatment, you may:



Have regular appointments with a care team (doctor, nurse, pharmacist, counsellor)



Start on a low dose that is adjusted over time



Be asked to attend a pharmacy daily for medication (this may change over time)

As your treatment continues, you may be able to take some doses home if it is safe and appropriate. These are called “carries.”

Many people on OAT find it easier to return to work, school, or family responsibilities.

Icons from Microsoft PowerPoint Stock Images

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OAT is Flexible and Person-Centered

OAT is not one-size-fits-all. Your care plan is tailored to you.

- You can start, stop, or restart OAT at any time. Because OAT can cause physical dependence, your provider can help you taper safely if you choose to pause or stop treatment.
- Length of treatment varies - some people use OAT short-term, others long-term.
- Additional supports (counselling, mental health care, social services) are available but not always required.
- Your goals matter - whether that’s safer use, stability, or abstinence.

OAT is about meeting you where you’re at and supporting your health and well-being.

How Do I Get Started?

You can self refer by contacting your local clinic directly or ask a health-care provider for a referral. Walk-in or same-day options may be available in some locations.

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