**MENTAL HEALTH RESOURCE GUIDE**

Mental health services for Veterans, RCMP members, Canadian Armed Forces members, First Responders, and their families.

**#FIRSTREPONDERSFIRST**

This website offers resources and services for the First Responder community to understand the various steps of a PTSD program from managing a crisis through to implementing best practices into an existing program.

Website: <http://www.firstrespondersfirst.ca/>

**VAC Assistance Service**

The service is for Veterans, former RCMP members, their families, and caregivers and is provided at no cost. You do not need to be a client of VAC to receive services

Toll free: 1-800-268-7708

**Member and Family Assistance Services**

Open Mon-Sun 24 hours

Bilingual telephone and face to face counselling service that is voluntary, confidential, and available to Canadian Armed Forces (CAF) members, RCMP members and their families who have personal concerns that affect their well-being and/or work performance.

Toll free: 1-800-268-7708 | (Teletypewriter) 1-800-567-5803

**Family Information Line**

Open Mon-Sun 24 hours

A confidential, personal, bilingual and free service offering information, support, referrals, reassurance and crisis management to the military community.

Toll free: 1-800-866-4546 (International 00-800-771-17722)

Website: <https://www.cafconnection.ca/National/Stay-Connected/Family-Information-Line.aspx>

**Military Family Resource Centres**

Centred in military communities, Military Family Resources Centres (MFRCs) provide programs and services to foster family support and community development.

Website: <https://www.cafconnection.ca/National/Local-Sites/Connect-to-Your-Local-CAF-Community.aspx>

**Operational Stress Injury Social Support (OSISS)**

A peer support network for CAF members, Veterans and their families experiencing an operational stress injury (OSI) to help connect family members to community resources and information.

Website: [https://www.cfmws.com/en/AboutUs/DCSM/OSISS/Pages/Operational-Stress-Injury-Social-Support-(OSISS).aspx](https://www.cfmws.com/en/AboutUs/DCSM/OSISS/Pages/Operational-Stress-Injury-Social-Support-%28OSISS%29.aspx)

**Support for Operational Stress Injury Program (SOSI)**

Program supports current employees of the RCMP having difficulty with their daily functioning as a result of their service

Email: RCMP.SOSI-SBSO.GRC@rcmp-grc.gc.ca.

**Rehabilitation services**

Services Provided to CAF members that can improve your health and help you adjust to life at home, in your community or at work.

Toll free: 1-866-522-2122

**OSI Clinics**

Each operational stress injury clinic provides assessment, treatment, prevention and support to serving CAF members, Veterans and RCMP members and former members.

Website: <https://www.veterans.gc.ca/eng/health-support/mental-health-and-wellness/assessment-treatment/osi-clinics>

**LifeSpeak**

Open Mon-Sun 24 hours

Comprehensive health and wellness platform that is web-based.

Website: [https://canada.lifespeak.com/Account/Login?ReturnUrl=%2fwelcome](https://canada.lifespeak.com/Account/Login?ReturnUrl=%252fwelcome)

**PTSD Coach Canada**

Open Mon-Sun 24 hours.

The PTSD Coach Canada mobile app can help you learn about and manage symptoms that can occur after trauma

Website: <https://www.veterans.gc.ca/eng/resources/stay-connected/mobile-app/ptsd-coach-canada>

**Strongest Families Institute**

A not-for-profit corporation providing evidence-based services to children and families seeking help for mental health and other issues impacting health and well-being.

Website: <http://strongestfamilies.com/>

**Canadian Armed Forces medical and dental centres**

Locate a Canadian Armed Forces (CAF) medical, dental or physiotherapy centre anywhere in Canada and abroad.

Website: <https://www.canada.ca/en/department-national-defence/services/benefits-military/health-support/medical-dental-centers.html>

Addictions & Substance Use

**Narcotics Anonymous**

Those seeking support to stop substance use, including alcohol.

Open Mon-Sun 24 hours

Toll free: 1-888-811-3887

Crisis/Help Lines

**Spectra Helpline**

Support offered in 8 languages; English, Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi, and Urdu.

Open Mon-Sun 24 hours

905-459-7777

**Assaulted Women’s Helpline**

Open Mon-Sun 24 hours

Toll free: 1-866-863-0511

Website: [www.awhl.org](http://www.awhl.org)

**Hope for Wellness Help Line**

This helpline gives free national telephone crisis intervention and counselling support for First Nations and Inuit.

Open Mon-Sun 24 hours

Toll free: 1-855-242-3310

**Telehealth**

Bilingual, nurses provide support about medical concerns.

Open Mon-Sun 24 hours

Toll free: 1-866-797-0000

**CASP - Canadian Association for Suicide Prevention**

Find a crisis centre serving your area.

Website: <https://suicideprevention.ca/Archive-Directory>

**Crisis Services Canada**

Suicide prevention and support. Open Mon-Sun 24 hours

Toll free: 1-833-456-4566

**If you are in crisis, you can access your local emergency room or call 911, in addition to the distress/support lines.**