



BRIEF DESCRIPTION ABOUT OSI-CAN

We were created in January 2016 through a partnership between the Canadian Mental Health Association (SK) and The Royal Canadian Legion (Saskatchewan Command). OSI-CAN has now expanded to include coverage for provinces: Manitoba, Saskatchewan, Alberta, and British Columbia! OSI-CAN offers Peer Support Groups (facilitated by trained members with lived experience), Family Support Groups, Financial Assistance and Service Dog assistance. Equine Therapy services and Indigenous Supports led by Indigenous Knowledge Keepers. Our support groups provide a free, safe, confidential, non-judgmental environment where we can talk openly about mental health. No formal diagnosis or referral is required to get help from OSI-CAN!

Our MISSION

To inspire hope and contribute to the continuous well-being and recovery process of Veterans, Community First Responders and Public Safety Personnel.

Our Vision

To empower and encourage our target demographic to strive for recovery, resiliency and post trauma growth through self-determination while creating a greater public awareness.

Values

To promote hope and recovery, empathy and equal relationships, self-determination, dignity, respect and social inclusion. To build integrity, authenticity, trust, health, wellness and lifelong learning through personal growth.



OSI-CAN Target Demographic:

The target demographic of OSI-CAN are but are not limited to: former and serving members of the Canadian Armed Forces, Allied Forces, the Royal Canadian Mounted Police and Frontline Protector — Municipal Police Services, CN Police Services, Emergency Medical Services, Fire Protection Services, Wildland Firefighters, Hospital Trauma personnel, Nurses, Healthcare Workers, Crown Prosecutors, Social Workers, Animal Control Officers, Coroners, Indigenous Emergency Management, Victim Services Personnel, Emergency Management and Public Safety, Crisis Management Workers (such as Mobile Crisis, etc.), Corrections Officers, Youth Workers, Correctional Officers, “Volunteer” First Responders, Conservation Officers, Tow Truck drivers, and other career First Responders. Persons who due to the performance of their jobs are exposed to criminal acts of trauma.



Mobile Crisis: call 306-757-0127
Crisis/Suicide Hotline 24/7: 1-833-456-4566
Or Consult <https://sk211.ca/> to find other help lines
if you would like an OSI-CAN support group or a spouse of OSI group in your community, contact Julius Brown at 306-552-3801 or 1-888-495-6068
osicandir@cmhask.com

OSI-CAN IS A PROGRAM OF



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