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MIND BEYOND PODCAST



Dive deep into the real issues experienced by Veterans, former RCMP members and Families living with medical health injuries

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Understanding PTSD podcast



Listen To Our Understanding PTSD podcast on spotify

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The Firefighter Deconstructed



Christy Warren , A PTSD Survivor and retired fore captain digs into the affect of the jobs and how it affects our mental and emotional health

[Learn More](#)

Operation Tango Romeo Podcats



This is a Trauma Recovery Podcast. PTSD Recovery is a tough road and it can't be solved alone listen to understand from peer who have gone through PTSD and have recovered

[Learn More](#)

UPTALK PODCAST



Join Sean Conohan as he chips away at the sigma associated with mental illness

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A Medic's Mind Podcast



Listen to this solo podcast by Matthew Hannaghan talking about how to live through trauma, recovery and reinvention

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OSI-CAN Target Demographic

The target demographic of OSI-CAN are but not limited to Former and serving members of the Canadian Armed Forces, Allied Armed Forces, the Royal Canadian Mounted Police and Frontline Protectors--- Municipal Police Services, CN Police Services ,Emergency Medical Services, Fire Protection Services, Wildland Firefighters and , Hospital Trauma personnel, Nurses, Healthcare Workers, Crown Prosecutors, Social Workers, Animal Control Officers, Coroners, Indigenous Emergency Management, Victim Services Personnel, Emergency Communications Specialist, Crisis Management Workers (such as Mobile Crisis, etc), Corrections Officers, "Volunteer" First Responders, Conservation Officers, Tow Truck drivers, and private sector First Responders. Persons who in the performance of their jobs are exposed to criminal acts of Trauma. We also provide supports to the spouses and significant others of those exposed to such trauma. This demographic was chosen due to the commonality of experiences they share through the service they provide to the country and community. We have a special interest and support volunteer first responders as they may not have proper access to support.



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 OSCI-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

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