


# RESOURCES FOR PEOPLE IN CRISIS/PEOPLE NEEDING HELP

 DANA BATHO · TUESDAY, AUGUST 30, 2016

**\*\*\*IF SOMEONE IS AT IMMEDIATE RISK OF SUICIDE OR HAS JUST ATTEMPTED IT, CALL 911. This is a life threatening emergency. 911 can help find them and send immediate help.\*\*\***

If you need a specific service for someone, ask- you will find members of this group eager to share their knowledge of and experience with various resources. En français, ce document est ici: <https://www.facebook.com/notes/send...> This document lists resources that have been shared by group members, and is sorted by national, provincial, and international resources for ease of use. If you have any resources to add that would be of use to the group, please feel free to add any resources to the comments below the thread and an admin will add them to the document. Thank you!

## NATIONAL RESOURCES

**IMMEDIATE - ANYTHING:** You're not alone - Mental Health resources for CAF members and families <a><http://www.forces.gc.ca/en/caf-comm...></a>

**CF Member Assistance Program** Confidential, immediate access to various resources and short term professional counselling. <a><http://www.forces.gc.ca/en/caf-comm...></a> 1-800-268-7708

**Mission Ready** A very thorough collection of military and family resources for career, family, health, relationships, beliefs and finances  
<http://strongproudready.ca/missionready/en/home-en/>

**Family Support Line 24/7** 1-800-866-4546

**Family Navigator** FamilyNavigator.ca is an online toolkit to help Canadian Forces families who are looking for resources, moving to a new community, or dealing with military lifestyle challenges. <a><http://www.familynavigator.ca/></a>

## IMMEDIATE- MENTAL HEALTH CRISIS:

### National list of mental health crisis lines

<a><https://ryersonpsych.us2.qualtrics.com/...></a> ANY ISSUE: **Veterans Affairs crisis line** Call our Assistance Service Operators at:

- 1-800-268-7708
- TDD 1-800-567-5803

<a>[</a>](http://www.veterans.gc.ca/eng/crisi...)

## **MENTAL HEALTH:**

**Mental Health First Aid** <a>[</a>](http://www.mentalhealthfirstaid.ca/...)

### **OSI: Operational Stress Recovery Program**

<http://www.operationalstressrecovery.ca/...>

**OSISS (Operational Stress Injury Social Support)** Peer Support Coordinators and Family Peer Support Coordinators are typically former CF members or families of Veterans or CF members, who know first-hand the lived experience of operational stress injuries (OSIs) and the possible impacts. For more than ten years, coordinators have been there to reach out and provide peer support to those making the first steps in re-establishing a social connection -- when two peers meet, the connection happens in an instant and that shared experience creates a common understanding, and support begins. Peer support means hours of conversation, working to balance listening with sharing and helping peers connect with others. <a>[</a>](http://www.osiss.ca/en/contact.html)

**Soldiers Helping Soldiers** Soldiers Helping Soldiers (SHS) is a volunteer activity, developed through the initiative of serving personnel, which seeks to connect homeless veterans and/or veterans or serving members not yet, but on a trajectory to be, homeless with the services and benefits to which they are entitled. SHS is founded on two distinct but linked ideals:

- volunteers who identify/seek out those in need, and
- link them to services provided by a comprehensive local network of support agencies.

**Contact:** <http://shs-ncr.org/>

## **PTSD:**

**Military Minds Inc** PTSD/OSIs resources and support

<a>[</a>](https://www.facebook.com/MilitaryMi...)

<a>**PTSD.org**</a> PTSD.org, a bilingual, social support network for military, first responders, and the general public living with the burden of post traumatic stress disorder (PTSD). Support is also available for the loved ones of those living with the condition.

<a>**PTSD: Put The Stigma Down**</a>A community for all who suffer from PTSD and their supporters. Battling the Stigma of Serious Mental Health issues requires support.

<a>[</a>](https://www.facebook.com/pages/PTSD...)

**PTSD Association for Armed Forces** - <http://www.ptsdassociation.com/for-...>

## **ALCOHOL/DRUGS:**

**Drugs and Alcohol Helpline** <a>[</a>](http://www.drugandalcoholhelpline.ca/...)

**DEPRESSION:**

**Canadian Mental Health Association - Depression** <a><http://www.cmha.ca/mental-health/un...></a>

**FAMILIES:**

**FamilyForce.ca** Military Family Resource Centres Web:  
<a><http://www.familyforce.ca/EN/Pages/...></a>

**MONEY:**

SISIP Financial Services- financial counselling and emergency funds  
<a><https://www.cfmws.com/en/AboutUs/SI...></a>

**HOMELESSNESS:**

**VETS Canada** VETERANS EMERGENCY TRANSITION SERVICES CANADA A federally registered non-profit organization that has a network of dedicated volunteers across the country, most of who are ex-military/RCMP. They work within the community to identify homeless veterans and quickly re-establish the bond of trust that exists between soldiers. Working within the community, VETS Canada members attempt to move veterans from the streets or shelters into affordable housing (if available). They also connect the veterans with needed health care, help them access the benefits and services from other organizations such as Veterans Affairs Canada and support them in finding suitable employment. The volunteers stick with these veterans every step of the way and do everything possible to help them re-establish themselves. To do this, VETS Canada has a national Board of Directors composed of volunteers and has outreach across the country.  
<a><http://www.facebook.com/vetscanada></a> <a><http://vetscanada.org/></a>

**INJURY:**

**Wounded Warriors** (programs for physically / mentally injured) Web:  
<a><http://woundedwarriors.ca/how-we-he...></a> Facebook:  
<a><https://www.facebook.com/Wounded.Wa...></a>

**SOCIAL SUPPORT:**

**CF Members and Veterans Social Support Facebook group**  
<a><https://www.facebook.com/groups/387...></a>

**National Crisis Hotlines** <a><http://suicideprevention.ca/thinkin...></a>

**Military Support Line** 1-800-866-4546 This is the 24/7 Military Support line. If you need it, use it.

**Veterans Transition Network** <https://vtncanada.org/>

**Sexual Misconduct Response Centre** 1-844-750-1648

**It's Just 700** Directory of services to help Canadian Military Sexual Trauma (MST) survivors - <http://www.itsjust700.com/>

**CF Morale and Welfare Services Directory** Mental health and social support  
<a><https://www.cfmws.com/en/OurService...></a>

**Veteran Support Line** This was created by Canadian veterans. This is a support line, fully

independent of the Canadian Government. It is peer-based, and 100% staffed by Vets with PTSD. It is completely anonymous. If you want to talk, we're here. 1-855-373-8387

**Joint Personnel Support Unit** <a><http://www.forces.gc.ca/en/caf-comm...></a>

**Integrated Personnel Support Centres** <a><http://www.veterans.gc.ca/eng/servi...></a>

**For When You're Actually Not OK - A Self-Care Printable** "Everything is awful and I'm not okay: questions to ask before giving up." <a><http://www.tosavealife.com/for-when...></a>

**Outward Bound Veterans** Outward Bound Canada offers weeklong adventure-based resiliency training for veterans in the Canadian Rockies. Open to all current and former members of the Canadian Forces it is an opportunity to connect with other veterans in a supportive environment. You'll have the chance to share deployment and post deployment experiences with like-minded peers, experience a time of personal renewal and reflection and learn some new outdoor and leadership skills while enjoying the landscape you served to protect. Outward Bound Canada has received generous financial support from a number of partners and sponsors, which pays 100% of the course tuition and travel. There is no cost to participate on this program. For more information please do not hesitate to contact us; a veteran is waiting to answer your call or email today. Phone 1.888.OUTWARD (688.9273), Ext 205, email: <a>[veterans@outwardbound.ca](mailto:veterans@outwardbound.ca)</a>

**Citadel Canine Society (therapy and service dogs)** Citadel Canine Society is a CRA-registered charity that provides service or companion dogs at no charge to new veterans, and first responders. <a><https://www.facebook.com/citadelcan...></a>

**Canadian Association of Guide Dog and Assistance Dog Schools**  
<a><http://www.cagads.com/programs.html></a>

**Courageous Companions (MSAR)** There is no cost of any kind - all PTSD service dogs are donated free of charge to any Canadian Forces members (retired or active) in the program. Our organization believes that our soldier have sacrificed their future to defend our country so to show our gratitude we donate the dogs to their recovery.  
<a><http://msar.ca/></a>

**Paws Fur Thought** Paws Fur Thought: Pairing Veterans with PTSD Service dogs.  
<a>[www.pawsfurthought1.com](http://www.pawsfurthought1.com)</a> <a><https://www.facebook.com/pages/Paws...></a>

**Can Praxis Equine Therapy** <a><http://woundedwarriors.ca/how-we-he...></a>

**Equine Assisted Psychotherapy and Equine Assisted Learning** EAGALA Military Services <a><http://www.eagala.org/military></a>

**Soldier Resilience (US document)** <a><http://www.il.ngb.army.mil/resilien...></a>

**Mobile Apps -**

- PTSD Coach <a><http://www.veterans.gc.ca/eng/etool...></a>
- OSI Connect <a><http://www.veterans.gc.ca/eng/menta...></a>

### **Facebook Groups**

- **Veterans Affairs Canada (and this is what I think)** - good for help with accessing VAC services, policies, etc, many SME in the group - <https://www.facebook.com/groups/400...>

- **Veterans now entrepreneurs** - links to veteran-operated businesses and resources for setting up your own business - <https://www.facebook.com/groups/969...>

- **Military to Civvie Street: Job Insight** - assistance with creating resumes, etc as well as other resources and agencies that can help with finding employment for veterans - <https://www.facebook.com/groups/Mil...>

- **PTSD Veterans of Canada** - PTSD Veterans Canada Facebook Club is a virtual club dedicated to those that suffer from PTSD due to service. - <https://www.facebook.com/groups/OVO...>

- **Families of the RCMP for PTSD Awareness** - Awareness/anti-stigma campaigns & advocacy for RCMP Families with PTSD - <https://www.facebook.com/Familiesof...>

**Stand Up for Mental Health** About Stand Up For Mental Health Shows, Programs & More Our shows look at the stand up comedy side of mental health, mental illness, recovery, and surviving the mental health system. We perform at correctional facilities, military bases, university and college campuses, and for government departments, corporations and the general public across Canada and the US. <a><http://standupformentalhealth.com/></a>

**Mental Health Issues Training Tema.ca** - training for first responders and other emergency service personnel. There is also a phone number for peer support and family assistance that is 24/7 - 1-888-288-8036. <a><http://www.tema.ca/#!services/c23m7></a>

**Mental Health First Aid** - The MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague. <a><http://www.mentalhealthfirstaid.ca/...></a>

**First Responders Trauma Prevention and Recovery Certificate (Simon Fraser University)** <http://www.sfu.ca/continuing-studie...>

**Physical Wellness** <http://www.doyogawithme.com/> - Free online yoga classes of all durations, levels, and styles. It also has free lesson on yoga breathing and meditation, which is great for helping to slow everything down and restore balance between your mind and your body.

## **PROVINCIAL RESOURCES**

### ***British Columbia Resources***

**BC Veterans Well-Being Network** Dedicated to the health and well-being of Canadian

veterans in British Columbia. Anyone self-identifying as a vet (current or former serving) is welcome. The intent is for this to evolve into a forum where someone can raise their hand and ask for help, either for themselves or for a buddy. Other members pitch in to help, either themselves or by referring to the right organization.

<a><https://www.facebook.com/groups/283...></a>

### **1 CMBG / 3 Can Div (The army of the West) 3 Can Div Veterans Well Being Network**

Our objective is to bring the members of 3rd Canadian Division & 1 CMBG , both past and present, as well as any veterans within our geographic area together as a means of peer support and outreach.

We encourage everyone, regardless of rank or trade to feel comfortable in sharing your thoughts, concerns and struggles as a means of mutual support.

<https://www.facebook.com/pages/3-Ca...> **Crisis Hotlines**

<a><http://suicideprevention.ca/thinkin...></a>

**211.ca** Canada's primary source of information on government and community based health and social services. <a><http://www.211.ca/></a>

**Vancouver-Area Mental Health Emergency Line** 604-875-8289

### **BC crisis line phone numbers and information**

<https://crisiscentre.bc.ca/distress...>

### ***Alberta Resources***

**41 CBG Veteran's Well Being Group** Our objective is to bring the members of 41 CBG together as a means of peer support and outreach. We hope to be able to link those in need to the many enablers in the local area .We encourage everyone, regardless of rank or trade to feel comfortable in sharing your thoughts, concerns and struggles as a means of mutual support. Hurtful posts will not be tolerated by the admins and the DND policy regarding social media will be enforced. This is not a rant site, if you disagree with policies, this is not the site to vent.

<a><https://www.facebook.com/groups/41c...></a>

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<https://www.facebook.com/pages/3-Ca...> <a>

</a> **Crisis Hotlines** <a><http://suicideprevention.ca/thinkin...></a>

**211.ca** Canada's primary source of information on government and community based health and social services. <a><http://www.211.ca/></a>

### ***Saskatchewan Resources***

### **38 CBG Veteran Support**

Dedicated to the health and well being of members and former members of 38 CBG and their families.

This is a place to establish a network of support and also a place to shoot the shite around a bit. It is not limited to members of 38 CBG but also people who have moved back here or are family members of veterans. <https://www.facebook.com/groups/768...>

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<https://www.facebook.com/pages/3-Ca...>

**Crisis Hotlines** [\*\*211.ca\*\* Canada's primary source of information on government and community based health and social services. \[### \\*\\*\\*Manitoba Resources\\*\\*\\*\]\(http://www.211.ca/</a>http://www.211.ca/</a></a></p></div><div data-bbox=\)](http://suicideprevention.ca/thinkin...</a>http://suicideprevention.ca/thinkin...</a></a></p></div><div data-bbox=)

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<https://www.facebook.com/pages/3-Ca...>

**Crisis Hotlines** [\[### \\*\\*Shilo Mental Health Department\\*\\*\]\(http://www.gov.mb.ca/healthyliving/...</a>http://www.gov.mb.ca/healthyliving/...</a></a></p></div><div data-bbox=\)](http://suicideprevention.ca/thinkin...</a>http://suicideprevention.ca/thinkin...</a></a></p></div><div data-bbox=)

- 204-765-3000 local 3177 we're available 0730-1600 Mon-Fri, with a duty person available for all walk-ins during those hours. Coffee on all day too, if you just want to get a feel for the place, I make a mean cup of joe!

### ***Ontario Resources***

**31 CBG Veteran Well-Being Network (Southwestern Ontario)** Dedicated to the health and well-being of Canadian veterans in South-western Ontario. Network Group page:

<a><https://www.facebook.com/groups/137...></a> Network Facebook page:

<a><https://www.facebook.com/31cbgVeter...></a>

**32 CBG Veteran's Well Being Network (Greater Toronto Area - St. Catherines – Aurora – Brampton – Oakville)** Our objective is to bring the members of 32 CBG, both past and present, as well as any veterans within our geographic area together as a means of peer support and outreach. We encourage everyone, regardless of rank or trade to feel comfortable in sharing your thoughts, concerns and struggles as a means of mutual support.

<a><https://www.facebook.com/groups/751...></a>

**33 CBG Veteran's Well Being Group (Sault St. Marie – NCR – Cornwall – Rideau – Peterborough)** Our objective is to bring the members of 33 CBG, both past and present, as well as any veterans within our geographic area together as a means of peer support and outreach. We encourage everyone, regardless of rank or trade to feel comfortable in sharing your thoughts, concerns and struggles as a means of mutual support.

<a><https://www.facebook.com/groups/411...></a>

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### **4th Canadian Division Female Veterans Wellbeing Network**

4th Canadian Division, Female Veterans Support Group exists to provide a forum for female soldiers, to discuss women's issue. Male members will be excluded except those in the Chain of Command, or those recommended by female members. In that case, it will be expected that male members are devoted to the problems faced by female comrades, and are members in good standing of other networks, concerned with veterans issues generally.

<https://www.facebook.com/groups/100...>

**Crisis Hotlines** <a><http://suicideprevention.ca/thinkin...></a>

### **Employment for ex-military**

- Greetings to anyone in the Ottawa area. I retired after 30 years service last year. 4-generations of service now complete in my family. Call or email me anytime at [robkearney@hotmail.com](mailto:robkearney@hotmail.com). I only hire/endorse ex-military and will happily assist with CVs, Résumés, Networking, etc to assist with your transition & well-being where



possible. Thanks for your selfless service to serve, protect, & build this country.

Cheers, v/r Rob Kearney. <a><https://www.facebook.com/rob.kearne...></a>

### **Veteran Transition Network**

- Hi folks. Wes here. Medically released back in July 2013 for PTSD after 15 years of combined reg/res service. Remember.....we're all in this together and no one is alone. If you're having trouble, reach out to those you trust. I am available at any time for any one of us that doesn't know where to turn. As the Central Canadian Operations coordinator for the Veterans Transition Network it is my hope that more of us will take advantage of our free 10 day residential program. It's completely free of charge to the veteran and having PTSD is NOT a requirement to participate. It just so happens that the majority of our participants do have it. Speaking as a graduate of the program I can say it changed my life and taught me there is life after the CF and living with PTSD. <a><https://www.facebook.com/Mr.Wescott></a>

**Kingston IPSC** Mailing Address: IPSC Kingston PO Box 17000 Station Forces Kingston ON K7K 7B4 Telephone: 613-541-5010 Unit contacts: •Platoon Commander •Captain B Hasselman •ext 3186 Service Manager •Mr. Dave McLeod •ext 5281 Chief Clerk •Mr. Gerry Tummlillo •ext 5668

**211.ca** Canada's primary source of information on government and community based health and social services. <a><http://www.211.ca/></a>

**Petawawa Equine Assisted Therapy** For CF Members in Eastern Ontario, current or retired who may benefit from Equine Assisted Therapy. Hope Reins is presenting a pilot program called The War Horse Project. The program goal is to provide support and counseling to CF Members (active and retired) who will discover the skills to better manage and overcome PTSD and Operational Stress Injuries by focusing on building relationship and communication skills with horses in a safe, experiential learning environment. OSISS and JPSU (at Garrison Petawawa) have expressed an interest in securing 20 spots, and we are potentially able to serve up to 48. Please PM Alison Vandergragt (<a><https://www.facebook.com/alison.van...></a>) or inquire via email at [info@hopereinsterapy.com](mailto:info@hopereinsterapy.com).

**Tranquil Acres** Heroes. Equine. Learning. Program. Upcoming 3 day retreat May 5-7 (Ottawa). Retreat assisting our military, veterans and first responders facing PTSD and operational injuries through peer and equine-based experiences.  
<a>[www.tranquilacres.ca](http://www.tranquilacres.ca)</a>

### **Quebec Resources**

**Crisis Hotlines** <a><http://suicideprevention.ca/thinkin...></a>

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### **New Brunswick Resources**

**36-37 CBG Veterans's Well Being Network** Our objective is to bring members of 36 CBG and 37 CBG, both past and present, as well as any veterans within our geographic area

together as a means of peer support and outreach. We encourage everyone, regardless of rank or trade to feel comfortable in sharing your thoughts, concerns and struggles as a means of mutual support. <a><https://www.facebook.com/groups/147...></a>

**Crisis Hotlines** <a><http://suicideprevention.ca/thinkin...></a>

**Mobile Crisis Unit** Fredericton - 506-453-2132

**Vets Canada New Brunswick** <a><https://www.facebook.com/VetsCanada...></a>

**NB ~ Community Mental Health Centres** CFB Gagetown Mental Health Clinic Mental Health Services by calling 506-357-6482. - Located at 75 Restigouche North. The Mental Health Clinic is open for business Mon-Fri from 0730-1630 hours.  
<a><https://www.gnb.ca/0055/contacts-e....></a>

### ***Nova Scotia Resources***

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**Crisis Hotlines** <a><http://suicideprevention.ca/thinkin...></a>

**211.ca** Canada's primary source of information on government and community based health and social services. <a><http://www.211.ca/></a>

**Healthy Minds Cooperative** The Healthy Minds Cooperative is an innovative new health care cooperative that provides a variety of peer-based services to end-users of mental health services and their families. It also provides significant and meaningful input into the design, development, delivery, and evaluation of mental health services in the Capital Health District. <a><http://www.healthyminds.ca/></a>

### ***Prince Edward Island Resources***

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**Crisis Hotlines** <a><http://suicideprevention.ca/thinkin...></a>

### ***Newfoundland and Labrador Resources***

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**Crisis Hotlines** <http://suicideprevention.ca/thinkin...>

### ***Northern Resources (Yukon, NWT, Nunavut)***

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<https://www.facebook.com/groups/41c...>

**Crisis Hotlines** NWT/Yukon: <http://suicideprevention.ca/thinkin...> Nunavut: <http://suicideprevention.ca/thinkin...>

## **INTERNATIONAL RESOURCES**

### **United States**

**DStress Line** "A place to call for those with the courage to answer our nation's call" - a service offered by the US Marine Corps with a search engine of resources all across the US. <http://www.dstressline.com/index.cf...>

**Military Crisis Line** If you or someone you know is in immediate danger, call 911. If you or someone you know is contemplating suicide, seek assistance immediately by contacting the Military Crisis Line at 1-800-273-8255. <http://www.med.navy.mil/sites/nmcph...>

**Safe Call Now** Safe Call Now is a confidential, comprehensive, 24 hour crisis referral service for public safety employees, all emergency services personnel and their family members nationwide. 24 hour hotline: 206-459-3020 [safecallnow.org](http://safecallnow.org)

**Vet Center Program Home** We are the people in VA who welcome home war veterans with honor by providing quality readjustment counseling in a caring manner. Vet Centers understand and appreciate Veterans' war experiences while assisting them and their family members toward a successful post-war adjustment in or near their community. <http://www.vetcenter.va.gov/>

**Crisis Text Hotline** Text 741741 (US only)

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Like

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**Barry Patrick March** Sadly, not much happens in Manitoba - I used to work for a crisis line or should I say volunteered. Cops will take someone for observation but hate it because it ties them up for hours. ER Doctors assess and then usually release. No real help. Long wai... [See More](#)

Like · Reply · 1y · Edited

2

2 Replies



**Richard Marcil** Just the phone number ..it is the good direction it is e very good start..TANK's FOR ALL VETERANTS

Like · Reply · 1y

2



**Rob Campbell** I know all of us Vets have had to struggle with suicide, substance abuse, and loss of Family support but this is a real step for all of us and our families BZ Brothers and Sisters. and David good on you.

Like · Reply · 1y

6



**Pamela Webber** This is great. Thanks for this.

Like · Reply · 45w

2

1 Reply



**Martin Knly** Dana this is a remarkable document. Are the links current do you know and is there a pdf or word version? thanks,

Like · Reply · 21w

1

3 Replies



**Bruce Trahan** For all my brothers and sisters in arms, for those who suffer This is my thought for the day ... [See More](#)

Like · Reply · 5w

1



**Philip D Paradis** Is there a word or PDF version of the resource info?

Like · Reply · 46m

2 Replies · 14 minutes ago



Write a comment...