

Thinking about suicide? Call or text 988. In crisis

call? 1-877-303-2642.

Looking for other supports? Call 211 (Saskatchewan only)

Click to Call

## Providing Free Support for those trained to support us.

Our mission is to inspire hope and contribute to the continuous well-being and recovery process of Veterans and Front Line Protectors across Canada.

OSI-CAN is a free, confidential, community-based mental wellness support initiative for Veterans, First Responders and Public Safety Personnel.

We seek to empower and encourage our target group to strive for recovery through peer and professional support while creating greater public awareness. For information, access to resources or to join a group,

contact OSI-CAN at 306-552-3801 or 1-888-495-6068



eTransfer is available to [contactus@cmhask.com](mailto:contactus@cmhask.com)

Please indicate that the donation is for OSI-CAN and provide your information if you would like a tax receipt

Donate Now



**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, 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, Youth Workers, Youth Corrections Workers, "Volunteer" First Responders, Conservation Officers, Tow Truck drivers, and private sector First Responders.

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.

No formal diagnosis or referral is required to utilize our services.

If you think you may be experiencing symptoms of an OSI, we're here to help.

Crisis/Suicide Hotline 24/7: 1-833-456-4566

Mobile Crisis: call 306-757-0127

Mental Health Crisis: call 811 and ask for the Mental Health line

Or Consult <https://sk.211.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