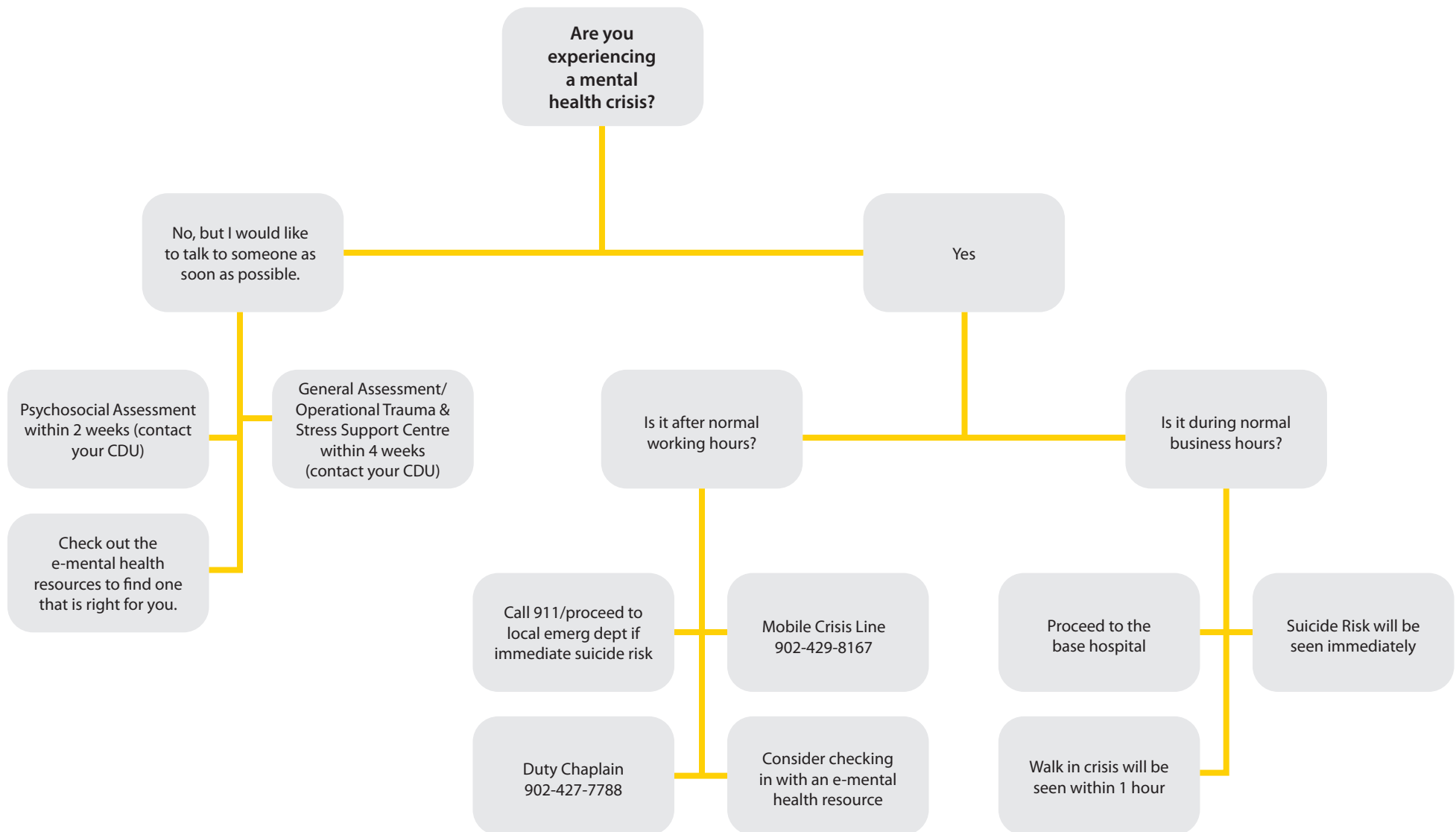


ACCESSING MENTAL HEALTH RESOURCES AT CFB HALIFAX



E MENTAL HEALTH RESOURCES CFB HALIFAX

CAF Members	CAF Family	Defence Team	Defence Team Family
<ul style="list-style-type: none"> • Tranquility CBT App for anxiety and depression. Contact H&R MFRC 902-427-7788 to obtain an access code. • Therapy Assistance Online (TAO): This program is a FREE, online resource for people having mental health challenges. Video and interactive exercises https://www.mentalhealthns.ca • Wellness Together, Text WELLNESS to 741741 (Adults) to connect to with a trained volunteer crisis responder for support, https://wellnesstogether.ca/en-CA/ • Crisis Text Line is a 24/7 support for those in crisis, connecting people in crisis to trained Crisis Responders. Young adults can text 'TALK' to 686868 to a trained volunteer Crisis Responder who will help with any issues – big or small. The service is free, confidential, and available 24/7. • CFMAP 1-800-268-7708 (24/7) • OSI Connect App http://osiconnect.theroyal.ca/ 	<ul style="list-style-type: none"> • Tranquility CBT App for anxiety and depression. Contact H&R MFRC 902-427-7788 obtain access code. • CFMAP 1-800-268-7708 (24/7) • Family Information line OSISS-SSBSO@forces.gc.ca, 1-800-883-6094 (24/7) 	<ul style="list-style-type: none"> • LifeSpeak (all Defence Team) https://canada.lifespeak.com/. Create personal or group account (corporate ID: Canada), App (client name: Canada, corporate ID: Canada) • Employee Assistance Services (DND and Family) (24/7) 1-800-268-7708, email, or video. • Shepell Employee and Family Assistance (CFMWS emp and family) 1 800 387-4765 • Therapy Assistance Online (TAO): This program is a FREE, online resource for people having mental health challenges. Video and interactive exercises https://www.mentalhealthns.ca • Wellness Together, Text WELLNESS to 741741 (Adults) or 686868 (Youth) to connect to with a trained volunteer crisis responder for support, https://wellnesstogether.ca/en-CA/ 	<ul style="list-style-type: none"> • Therapy Assistance Online (TAO): This program is a FREE, online resource for people having mental health challenges. Video and interactive exercises https://www.mentalhealthns.ca • Wellness Together, Text WELLNESS to 741741 (Adults) or 686868 (Youth) to connect to with a trained volunteer crisis responder for support, https://wellnesstogether.ca/en-CA/ • Kids Help Phone, text 686868, for kids, teens and young adults (24/7 access) • Good2TalkNS, Text GOOD2TALKNS to 686868. Provides support for university and college students.