

As February is Bell Let's Talk month I think it is appropriate to list what services provided by Veterans Affairs Canada (VAC) are available to veterans and their families. The following is a list of the services.

Crisis line: 1-800-268-7708

MOBILE APPS FUNDED BY VAC

PTSD COACH www.veterans.gc.ca/eng/etools/ptsd-coach-canada

OSI Connect www.veterans.gc.ca/eng/mental-health/osi-app

Operational Stress Injury Social Support (OSISS) www.osiss.ca

Member Assistance Program 1-800-883-6094

VAC Pastoral Outreach 1-800-268-7708 (leave a message to be called back within 2 business days)

I have also provided the following additional resources.

NATIONAL

Veterans Affairs Canada (VAC) www.veterans.gc.ca 1-866-522-2122

Mental Health Commission of Canada

info@mentalhealthcommission.ca

Centre for Addiction and Mental Health www.camh.net

Canadian Mental Health Association www.cmha.ca

Canadian Coalition for Seniors Mental Health www.ccsmh.ca

ONTARIO

Mental Health Help Line www.mentalhealthhelpline.ca 1-866-531-2600 (national access)

The first step is to reach out, these services are free and fully confidential.

IT COULD SAVE YOUR LIFE, OR THAT OF A LOVED ONE.