

# Health Resource Directory



**Discreet Access:** Resources that can be accessed privately and anonymously, often online or via text/chat.

- Web portals
- Mobile apps
- Text-based crisis lines
- Online self-guided programs
- Anonymous chat services

**Direct Contact:** Resources that involve live interaction, which may be less discreet but offer personalized support.

- Phone helplines
- In-person counselling
- Peer support groups
- Workshops or seminars
- Career or health centre services

**Family Access:** Resources that are available to spouses, children, or extended family members of CAF personnel.

- Family-specific helplines
- Parenting and relationship support
- Youth mental health programs
- Family counselling services

## PHYSICAL HEALTH








Service Provider	Direct Access	Discreet Access	Family	CAF/DND
<p><a href="#">Road to Mental Readiness (R2MR)</a></p> <p><i>Description: this web portal includes modules on sleep hygiene, progressive muscle relaxation, and mindfulness. Additional practical nutrition tips and stress-related eating guidance can be found here.</i></p>	✓	✓	✓	CAF
<p><a href="#">CAF Fitness – Virtual Training</a></p> <p><i>Description: this web portal offers tactical online fitness programs for all levels. Includes FORCE prep, trail running, strength training, and mobility workouts. Accessible worldwide via mobile or desktop.</i></p>	✓	✓	✓	CAF



<p><b><u>PSP Sports, Fitness &amp; Recreation</u></b></p> <p><b>Description:</b> a wide variety of programs and services so that you can stay safe and find fun ways to get active, stay connected and live better.</p>	✓		✓	Both
<p><b><u>Health Promotion Services</u></b></p> <p>☎ 902-722-4956 ✉ <a href="mailto:HFXHealthPromotion@forces.gc.ca">HFXHealthPromotion@forces.gc.ca</a></p> <p><b>Description:</b> skill building, in-person courses based in adult learning including: Essential Nutrition, Stress, Calm, Injury Reduction, Substance Use Awareness, Sleep, etc.</p>	✓		✓	Both
<p><b>Canadian Forces Health Services (Dental)</b></p> <p>☎ 902-721-8960 OR 902-720-1096</p> <p>✉ <a href="mailto:hfxdentalclinic@forces.gc.ca">hfxdentalclinic@forces.gc.ca</a></p>	✓			CAF
<p><b>CAF Health Services</b></p> <p>CDU 1: 902-721-8890  CDU 2: 902-721-8868  CDU 3: 902-721-8764  CDU 4: 902-721-5291/8813  CDU 5: 902-721-0815/0816  Addiction Prevention &amp; Treatment: 902-721- 8600</p>	✓			CAF

Service Provider - Canada Wide	Direct Access	Discreet Access	Family	CAF/DND
<p><b><u>ParticipACTION App</u></b></p> <p><b>Description:</b> national app promoting physical activity through challenges, tracking, and tips. Endorsed by the Government of Canada.</p>		✓	✓	Both
<p><b><u>Nutrition Resources – Health Canada</u></b></p> <p><b>Description:</b> Canada's official nutrition website guide with meal planning tools, healthy eating tips, and culturally inclusive resources.</p>		✓	✓	Both
<p><b><u>Sleepwell</u></b></p> <p><b>Description:</b> this website houses tools and resources to help you get started with CBTi sleep enhancing techniques.</p>		✓	✓	Both
<p><b><u>Sleep On It – Canadian Sleep Society</u></b></p> <p><b>Description:</b> this website offers sleep hygiene tips, videos, and downloadable resources endorsed by sleep researchers and clinicians.</p>		✓	✓	Both

# MENTAL HEALTH

Service Provider	Direct Access	Discreet Access	Family	CAF/DND
<p><b>LifeSpeak</b> Access ID: canada <i>Description: online platform with expert-led videos and articles on mental fitness, mindfulness, and resilience.</i></p>	✓	✓	✓	Both
<p><b>Road to Mental Readiness (R2MR)</b> <i>Description: CAF's foundational mental health training program focused on resilience, self-talk, visualization, and performance under pressure.</i></p>	✓	✓		Both
<p><b>Health Promotion Services</b> ☎ 902-722-4956 ✉ <a href="mailto:HFxHealthPromotion@forces.gc.ca">HFxHealthPromotion@forces.gc.ca</a> <i>Description: skill building, in-person courses based in adult learning including: Mental Fitness and Suicide Awareness, Stress, Calm, Managing Angry Moments.</i></p>	✓		✓	Both
<p><b>Conflict &amp; Complaint Management Services</b> ☎ 902-721-7533 OR 833-328-3351 <i>Description: confidential support assisting with the resolution of workplace conflicts, harassment, and grievances.</i></p>	✓			Both
<p><b>MARLANT Chaplains</b> ☎ 902-721-8660</p>	✓			Both
<p><b>Sexual Misconduct Support and Resource Centre (SMSRC)</b> ☎ 1-844-750-1648 (24/7) <i>Description: Confidential support and resources for those affected by military sexual misconduct.</i></p>	✓		✓	Both
<p><b>9-8-8: Suicide Crisis Helpline</b> ☎ 9-8-8 (call or text) <i>Description: 24/7 national bilingual service for crisis support and suicide prevention.</i></p>	✓	✓	✓	Both
<p><b>CAF Health Services</b> CDU 1: 902-721-8890 CDU 2: 902-721-8868 CDU 3: 902-721-8764 CDU 4: 902-721-5291/8813 CDU 5: 902-721-0815/0816 General Mental Health: 902-721-8012 Addiction Prevention &amp; Treatment: 902-721- 8600 Psychosocial Services: 902-721-8607 Operational Trauma &amp; Stress Support: 902-721-5703</p>	✓			CAF

<p><b><a href="#">Canadian Forces Member Assistance Program (CFMAP)</a></b>   1-800-268-7708, TTY: 1-800-567-5803</p> <p><b>Description:</b> 24/7 confidential support via telephone and online chat for CAF members and families, including counselling and mental health support.</p>			✓	✓	CAF
<p><b><a href="#">Operational Stress Injury Social Support (OSISS)</a></b>   1-800-883-6094  <a href="mailto:OSISS-SSBSO@forces.gc.ca">OSISS-SSBSO@forces.gc.ca</a></p> <p><b>Description:</b> peer support network for CAF members and families dealing with operational stress injuries.</p>			✓	✓	CAF
<p><b><a href="#">Family Information Line</a></b>   1-800-866-4546</p> <p><b>Description:</b> 24/7 support line for families of CAF members, offering guidance and emotional support.</p>	✓			✓	CAF
<p><b><a href="#">Canadian Armed Forces Transition Unit</a></b>   902-722-1908 OR 1-800-883-6094</p> <p><b>Description:</b> comprehensive resources and support for CAF members transitioning to civilian life.</p>	✓			✓	CAF
<p><b><a href="#">Employee Assistance Program</a></b>   1-800-663-1142 OR 1-888-384-1152  (for people with hearing impairment)</p> <p><b><a href="#">Digital Mental Health Platform</a></b> Code DND743</p> <p><b>Description:</b> confidential, short-term counselling and crisis services (24/7) via telephone and chat.</p>	✓	✓		✓	DND
<p><b><a href="#">NPF Employee and Family Assistance Program</a></b>   1-800-387-4765</p> <p><b>Description:</b> confidential, voluntary, and free short-term counselling and advisory service available 24/7 for NPF employees</p>	✓			✓	DND

Service Provider - Canada Wide	Direct Access	Discreet Access	Family	CAF/DND
<p><b><a href="#">Nova Scotia Health – Mental Health &amp; Addictions</a></b>   1-855-922-1122</p> <p><b>Description:</b> offers searchable tools, intake services, online supports, and community programs across Nova Scotia. Includes crisis lines and self-help tools.</p>	✓	✓	✓	Both
<p><b><a href="#">BounceBack® by CMHA</a></b>   1-855-873-0013</p> <p><b>Description:</b> free CBT-based program with coaching and workbooks on mild to moderate anxiety or depression.</p>	✓	✓	✓	Both

<p><b><u>Mental Health Commission of Canada</u></b></p> <p><i><b>Description:</b> offers fact sheets, toolkits, guides, and webinars on resilience, mindfulness, suicide prevention, and mental health literacy.</i></p>		✓	✓	<b>Both</b>
<p><b><u>Provincial Mental Health and Addiction Crisis Line</u></b></p> <p>☎ 1-888-429-8167 (24/7)</p> <p><i><b>Description:</b> supports callers who present with self-identified mental health concerns</i></p>	✓		✓	<b>Both</b>
<p><b><u>Government of NS – Mental Health &amp; Wellbeing</u></b></p> <p><i><b>Description:</b> provides access to helplines, peer support, youth services, and family counselling. Includes Access Wellness and Good2Talk programs.</i></p>		✓	✓	<b>Both</b>
<p><b><u>Mental Health Research Canada – Resource Hub</u></b></p> <p><i><b>Description:</b> web portal that lists validated, free mental health resources and wellness tools including national crisis lines.</i></p>		✓	✓	<b>Both</b>

# EMOTIONAL HEALTH

Service Provider	Direct Access	Discreet Access	Family	CAF/DND
<p><a href="#">LifeSpeak</a> Access ID: canada <b>Description:</b> online platform with expert-led videos and articles on mental fitness, mindfulness, and resilience.</p>	✓	✓	✓	Both
<p><a href="#">Road to Mental Readiness (R2MR)</a> <b>Description:</b> CAF's foundational mental health training program focused on resilience, self-talk, visualization, and performance under pressure.</p>	✓	✓		Both
<p><a href="#">Health Promotion Services</a> ☎ 902-722-4956 ✉ <a href="mailto:HFXHealthPromotion@forces.gc.ca">HFXHealthPromotion@forces.gc.ca</a> <b>Description:</b> skill building, in-person courses based in adult learning including: Mental Fitness and Suicide Awareness, Stress, Calm, Managing Angry Moments.</p>	✓		✓	Both
<p><a href="#">Conflict &amp; Complaint Management Services</a> ☎ 902-721-7533 OR 833-328-3351 <b>Description:</b> confidential support assisting with the resolution of workplace conflicts, harassment, and grievances.</p>	✓			Both
<p><b>MARLANT Chaplains</b> ☎ 902-721-8660</p>	✓			Both
<p><a href="#">Canadian Forces Member Assistance Program (CFMAP)</a> 1-800-268-7708, TTY: 1-800-567-5803 <b>Description:</b> 24/7 confidential support via telephone and online chat for CAF members and families, including counselling and mental health support.</p>		✓	✓	CAF
<p><a href="#">Operational Stress Injury Social Support (OSISS)</a> ☎ 1-800-883-6094 ✉ <a href="mailto:OSISS-SSBSO@forces.gc.ca">OSISS-SSBSO@forces.gc.ca</a> <b>Description:</b> peer support network for CAF members and families dealing with operational stress injuries.</p>		✓	✓	CAF
<p><a href="#">Family Information Line</a> ☎ 1-800-866-4546 <b>Description:</b> 24/7 support line for families of CAF members, offering guidance and emotional support.</p>	✓		✓	CAF

<p><b><u>Military Family Resource Centres (MFRCs)</u></b> ☎ 902-427-7788</p> <p><b>Description:</b> programs and services to military families, including psychosocial support and access to <b>Family Liaison Officers</b>.</p>	✓		✓	CAF
<p><b><u>Canadian Armed Forces Transition Unit</u></b> ☎ 902-722-1908 OR 1-800-883-6094</p> <p><b>Description:</b> comprehensive resources and support for CAF members transitioning to civilian life.</p>	✓		✓	CAF
<p><b><u>Employee Assistance Program</u></b> ☎ 1-800-663-1142 OR 1-888-384-1152 (for people with hearing impairment)</p> <p><b><u>Digital Mental Health Platform</u></b> Code DND743</p> <p><b>Description:</b> confidential, short-term counselling and crisis services (24/7) via telephone and chat.</p>	✓	✓	✓	DND
<p><b><u>NPF Employee and Family Assistance Program</u></b> ☎ 1-800-387-4765</p> <p><b>Description:</b> confidential, voluntary, and free short-term counselling and advisory service available 24/7 for NPF employees.</p>	✓		✓	DND
<p><b><u>Hope Program</u></b> ☎ 1-800-883-6094 ✉ <a href="mailto:HOPE-ESPOIR@forces.gc.ca">HOPE-ESPOIR@forces.gc.ca</a></p> <p><b>Description:</b> Peer support for bereaved CAF members and their families.</p>	✓		✓	Both

Service Provider - Canada Wide	Direct Access	Discreet Access	Family	CAF/DND
<p><b><u>Promoting Positive Mental Health – Canada.ca</u></b></p> <p><b>Description:</b> offers strategies and resources to build emotional wellness, including optimism, humour, and coping skills.</p>		✓	✓	Both
<p><b><u>Well Central (CMHA)</u></b></p> <p><b>Description:</b> Offers free, self-directed courses on emotional regulation, self-compassion, overcoming loneliness, and building resilience. Developed by the Canadian Mental Health Association.</p>		✓	✓	Both
<p><b><u>MyGrief</u></b></p> <p><b>Description:</b> his website offers 19 online modules on grief, including specialized modules for different types of grief such as pregnancy and infant loss.</p>		✓	✓	Both
<p><b><u>Government of NS – Mental Health &amp; Wellbeing</u></b></p> <p><b>Description:</b> Provides access to helplines, peer support, youth services, and family counselling. Includes Access Wellness and Good2Talk programs.</p>		✓	✓	Both

**[Mental Health Research Canada - Resource Hub](#)**

**Description:** Web portal that lists validated, free mental health resources and wellness tools including national crisis lines.








**Both**

# SOCIAL HEALTH

Service Provider	Direct Access	Discreet Access	Family	CAF/DND
<p><a href="#">LifeSpeak</a> Access ID: canada <b>Description:</b> online platform with expert-led videos and articles on mental fitness, mindfulness, and resilience.</p>	✓	✓	✓	Both
<p><a href="#">Health Promotion Services</a> ☎ 902-722-4956 ✉ <a href="mailto:HFXHealthPromotion@forces.gc.ca">HFXHealthPromotion@forces.gc.ca</a> <b>Description:</b> skill building, in-person courses based in adult learning including: Mental Fitness and Suicide Awareness, Stress, Calm, Managing Angry Moments.</p>	✓		✓	Both
<p><a href="#">Conflict &amp; Complaint Management Services</a> ☎ 902-721-7533 OR 833-328-3351 <b>Description:</b> confidential support assisting with the resolution of workplace conflicts, harassment, and grievances.</p>	✓			Both
<p><a href="#">Canadian Armed Forces Transition Unit</a> ☎ 902-722-1908 OR 1-800-883-6094 <b>Description:</b> comprehensive resources and support for CAF members transitioning to civilian life.</p>	✓		✓	CAF
<p><a href="#">Canadian Forces Member Assistance Program (CFMAP)</a> ☎ 1-800-268-7708, TTY: 1-800-567-5803 <b>Description:</b> 24/7 confidential support via telephone and online chat for CAF members and families, including counselling and mental health support.</p>		✓	✓	CAF
<p><a href="#">Employee Assistance Program</a> ☎ 1-800-663-1142 OR 1-888-384-1152 (for people with hearing impairment) <a href="#">Digital Mental Health Platform</a> Code DND743 <b>Description:</b> confidential, short-term counselling and crisis services (24/7) via telephone and chat.</p>	✓	✓	✓	DND
<p><a href="#">Family Information Line</a> ☎ 1-800-866-4546 <b>Description:</b> 24/7 support line for families of CAF members, offering guidance and emotional support.</p>	✓		✓	CAF
<p><a href="#">PSP Sports, Fitness &amp; Recreation</a> <b>Description:</b> a wide variety of programs and services so that you can stay safe and find fun ways to get active, stay connected and live better.</p>	✓		✓	Both

Service Provider - Canada Wide	Direct Access	Discreet Access	Family	CAF/DND
<p><a href="#"><u>Certified Listeners Society Warmline</u></a></p> <p><b>Description:</b> a Federal, peer-based emotional support for anyone feeling isolated or needing someone to talk to.</p>	✓	✓	✓	Both
<p><a href="#"><u>Canadian Alliance for Social Connection and Health (CASCH)</u></a></p> <p><b>Description:</b> focused on reducing loneliness and social isolation through research, policy, and public health guidelines. Offers evidence briefs, toolkits, and initiative.</p>		✓	✓	Both
<p><a href="#"><u>GenWell Project</u></a></p> <p><b>Description:</b> A national movement promoting human connection as a vital part of health. Offers campaigns, toolkits, and events to encourage meaningful social interaction.</p>		✓	✓	Both
<p><a href="#"><u>Government of NS – Mental Health &amp; Wellbeing</u></a></p> <p><b>Description:</b> Provides access to helplines, peer support, youth services, and family counselling. Includes Access Wellness and Good2Talk programs.</p>		✓	✓	Both
<p><a href="#"><u>Mental Health Research Canada – Resource Hub</u></a></p> <p><b>Description:</b> Web portal that lists validated, free mental health resources and wellness tools including national crisis lines.</p>		✓	✓	Both

# SPIRITUAL HEALTH

Service Provider	Direct Access	Discreet Access	Family	CAF/DND
<b>MARLANT Chaplains</b>  902-721-8660	✓			Both
<b>Health Services Military Chaplain</b>  902-721-8607 <b>Description:</b> Provides spiritually-integrated psychotherapy that incorporates a military member's spiritual beliefs and worldview into evidence-based therapeutic approaches.	✓			CAF
<b>Health Promotion Services</b>  902-722-4956  <a href="mailto:HFXHealthPromotion@forces.gc.ca">HFXHealthPromotion@forces.gc.ca</a> <b>Description:</b> skill building, in-person courses based in adult learning including: Mental Fitness and Suicide Awareness, Stress, Calm, Managing Angry Moments.	✓		✓	Both
<b>Canadian Armed Forces Transition Unit</b>  902-722-1908 OR 1-800-883-6094 <b>Description:</b> comprehensive resources and support for CAF members transitioning to civilian life.	✓			CAF

Service Provider - Canada Wide	Direct Access	Discreet Access	Family	CAF/DND
<b>Canadian Virtual Hospice – Spiritual Health Portal</b> <b>Description:</b> offers articles, videos, and forums on finding meaning, spiritual companions, grief, and storytelling during life challenges. Includes tools for reflection and emotional growth.		✓	✓	Both
<b>Canadian Association for Spiritual Care (CASC)</b> <b>Description:</b> National body promoting excellence in spiritual care and psychospiritual therapy. Offers virtual education, certification, and resources.		✓	✓	Both
<b>Well Central – Virtual Recovery College (CMHA)</b> <b>Description:</b> Offers free, self-directed courses on self-compassion, overcoming loneliness, emotional healing, and personal growth.		✓	✓	Both