

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
Road to Mental Readiness (R2MR) 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.	✓	✓	✓	CAF
CAF Fitness – Virtual Training 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.	✓	✓	✓	CAF

<u>PSP Sports, Fitness & Recreation</u> Description: 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.	✓		✓	Both
<u>Health Promotion Services</u> 📞 902-722-4956 ✉️ HFXHealthPromotion@forces.gc.ca Description: skill building, in-person courses based in adult learning including: Essential Nutrition, Stress, Calm, Injury Reduction, Substance Use Awareness, Sleep, etc.	✓		✓	Both
Canadian Forces Health Services (Dental) 📞 902-721-8960 OR 902-720-1096 ✉️ hfxdentalclinic@forces.gc.ca	✓			CAF

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

MENTAL HEALTH

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

<u>Family Information Line</u>  1-800-866-4546 Description: 24/7 support line for families of CAF members, offering guidance and emotional support.	✓		✓	CAF
<u>Canadian Armed Forces Transition Unit</u>  902-722-1908 OR 1-800-883-6094 Description: comprehensive resources and support for CAF members transitioning to civilian life.	✓		✓	CAF
<u>Employee Assistance Program</u>  1-800-663-1142 OR 1-888-384-1152 (for people with hearing impairment) <u>Digital Mental Health Platform</u> Code DND743 Description: confidential, short-term counselling and crisis services (24/7) via telephone and chat.	✓	✓	✓	DND
<u>NPF Employee and Family Assistance Program</u>  1-800-387-4765 Description: confidential, voluntary, and free short-term counselling and advisory service available 24/7 for NPF employees	✓		✓	DND
<u>Sexual Misconduct Support and Resource Centre (SMSRC)</u>  1-844-750-1648 (24/7) Description: Confidential support and resources for those affected by military sexual misconduct.	✓		✓	Both
9-8-8: Suicide Crisis Helpline  9-8-8 (call or text) Description: 24/7 national bilingual service for crisis support and suicide prevention.	✓	✓	✓	Both

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

Mental Health Commission of Canada Description: offers fact sheets, toolkits, guides, and webinars on resilience, mindfulness, suicide prevention, and mental health literacy.		✓	✓	Both
Provincial Mental Health and Addiction Crisis Line 📞 1-888-429-8167 (24/7) Description: supports callers who present with self-identified mental health concerns	✓		✓	Both
Government of NS – Mental Health & Wellbeing Description: provides access to helplines, peer support, youth services, and family counselling. Includes Access Wellness and Good2Talk programs.		✓	✓	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

EMOTIONAL HEALTH

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

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

Service Provider - Canada Wide	Direct Access	Discreet Access	Family	CAF/DND
<u>Promoting Positive Mental Health – Canada.ca</u> Description: offers strategies and resources to build emotional wellness, including optimism, humour, and coping skills.		✓	✓	Both
<u>Wellness Together Canada</u> Description: Government-funded portal offering free access to mental health coaches, self-guided programs, and live support for emotional regulation and resilience.		✓	✓	Both
<u>Well Central (CMHA)</u> Description: Offers free, self-directed courses on emotional regulation, self-compassion, overcoming loneliness, and building resilience. Developed by the Canadian Mental Health Association.		✓	✓	Both
<u>MyGrief</u> Description: his website offers 19 online modules on grief, including specialized modules for different types of grief such as pregnancy and infant loss.		✓	✓	Both

Government of NS – Mental Health & Wellbeing Description: Provides access to helplines, peer support, youth services, and family counselling. Includes Access Wellness and Good2Talk programs.		✓	✓	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
LifeSpeak Access ID: canada Description: online platform with expert-led videos and articles on mental fitness, mindfulness, and resilience.	✓	✓	✓	Both
Health Promotion Services ☎ 902-722-4956 ✉ HFXHealthPromotion@forces.gc.ca Description: skill building, in-person courses based in adult learning including: Mental Fitness and Suicide Awareness, Stress, Calm, Managing Angry Moments.	✓		✓	Both
Conflict & Complaint Management Services ☎ 902-721-7533 OR 833-328-3351 Description: confidential support assisting with the resolution of workplace conflicts, harassment, and grievances.	✓			Both
Canadian Armed Forces Transition Unit ☎ 902-722-1908 OR 1-800-883-6094 Description: comprehensive resources and support for CAF members transitioning to civilian life.	✓		✓	CAF
Canadian Forces Member Assistance Program (CFMAP) ☎ 1-800-268-7708, TTY: 1-800-567-5803 Description: 24/7 confidential support via telephone and online chat for CAF members and families, including counselling and mental health support.		✓	✓	CAF
Employee Assistance Program ☎ 1-800-663-1142 OR 1-888-384-1152 (for people with hearing impairment) Digital Mental Health Platform Code DND743 Description: confidential, short-term counselling and crisis services (24/7) via telephone and chat.	✓	✓	✓	DND
Family Information Line ☎ 1-800-866-4546 Description: 24/7 support line for families of CAF members, offering guidance and emotional support.	✓		✓	CAF
PSP Sports, Fitness & Recreation Description: 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.	✓		✓	Both

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

SPIRITUAL HEALTH

Service Provider	Direct Access	Discreet Access	Family	CAF/DND
Base Duty Chaplain  902-721-8660	✓			Both
Sentinel Program Description: Sentinels act as guides to resources, support programs, as well as tools available to CAF members and their families to facilitate identification and access.	✓		✓	CAF
Health Promotion Services  902-722-4956  HFXHealthPromotion@forces.gc.ca Description: skill building, in-person courses based in adult learning including: Mental Fitness and Suicide Awareness, Stress, Calm, Managing Angry Moments.	✓		✓	Both
Canadian Armed Forces Transition Unit  902-722-1908 OR 1-800-883-6094 Description: comprehensive resources and support for CAF members transitioning to civilian life.	✓			CAF

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