

CFB HALIFAX AND REGION		
Military Police, Fire, and Ambulance	911	https://novascotia.ca/dma/emo/911/
HealthLink Nova Scotia	811	https://811.novascotia.ca/
Community, Health & Social Services Nova Scotia	211	https://novascotia.ca/coms/
Base Operator	902-427-0550	
EMERGENCY NUMBERS		
Duty Chaplain	902-427-7788	
MFRC Emergency Childcare Services (24 hrs)	902-427-7788	http://www.halifaxmfr.ca/en/services/emergency-respite-child-care-eng/
National Suicide Prevention Lifeline	1-800-273-TALK 1-800-273-8255	https://suicidepreventionlifeline.org/
Mental Health Mobile Crisis Team	902-429-8167 1-888-429-8167	http://www.yourlifecounts.org/crisis-lines/mental-health-mobile-crisis-team-mhmct
Bryony House (24 hrs) (shelter for abused women and their children)	902-422-7650	http://www.bryonyhouse.ca/contact/
Avalon Sexual Assault Nurse Examiners	902-425-0122	http://avaloncentre.ca/services/sexual-assault-nurse-examiner/
Child Protection Services – after hrs	1-888-919-4236 1-866-922-2434	http://novascotia.ca/coms/department/contact/ChildWelfareServices.html
Poison Control Line	902-470-8161 1-800-565-8161	https://iwkpoisoncentre.ca/
CAF HEALTH SERVICES CENTRE (ATLANTIC)		
CDU1: CDU2: CDU3: CDU4: CDU5:	902-721-8890 902-721-8868 902-721-8764 902-720-1558 902-721-0815/0816	
Psychosocial Services (Social Work)	902-721-8607	http://www.forces.gc.ca/en/caf-community-health-services-mental/index.page#psychosocial-program
Addiction Services	902-721-8600	http://www.forces.gc.ca/en/caf-community-health-services-mental/index.page#psychosocial-program
CAF SERVICES		
Member Assistance Program (24 hrs, free and confidential counselling service for CAF Members and families)	1-800-268-7708	http://www.forces.gc.ca/en/caf-community-support-services-map/member-assistance-program.page
Family Information Line	1-800-866-4546	https://www.cafconnection.ca/National/Stay-Connected/Family-Information-Line.aspx
Sexual Misconduct Response Centre	1-844-750-1648	http://www.forces.gc.ca/en/caf-community-support-services/sexual-misconduct-response-centre.page
Joint Personnel Support Unit	1-800-883-6094	http://www.forces.gc.ca/en/caf-community-support-services-casualty-support/contact-info.page
Integrated Personnel Support Centre	902-722-1907	http://www.veterans.gc.ca/eng/services/information-for/caf/ipsc
Operational Stress Injury Social Support (Peer and Family Support)	1-800-6094	https://www.cfmws.com/en/AboutUs//DCSM/OSISS/Pages/Operational-Stress-Injury-Social-Support-(OSISS).aspx
Veterans Affairs Canada	1-866-522-2122	http://www.veterans.gc.ca/eng
SISIP Financial Services	902-425-6926	https://www.cfmws.com/en/aboutus/sisipfs/pages/default.aspx
Conflict Resolution Centre	902-721-7533	http://www.forces.gc.ca/en/caf-community-dispute-resolution-centres/index.page
CIVILIAN EMPLOYEE ASSISTANCE PROGRAMS		
MARLANT EAP Manager	902-427-3237	
Employee Assistance Services – Health Canada (24 hrs, free, and confidential counselling services)	1-800-268-7708	https://www.canada.ca/en/health-canada/services/environmental-workplace-health/occupational-health-safety/employee-assistance-services.html
NPF Employee & Family Assistance Program	1-800-387-4765	https://www.cfmws.com/en/aboutus/cf-pfss/hr/pages/employee-assistance-program.aspx
CAF FAMILY VIOLENCE CRISIS TEAM		
Team Lead (Social Worker)	902-721-8607	http://militaryfamilyviolencesupport.ca/
MFRC Social Worker	902-427-7788	http://militaryfamilyviolencesupport.ca/
Base Chaplain	902-721-8660	http://militaryfamilyviolencesupport.ca/
Military Police Victim Services Coordinator	902-722-4999	http://militaryfamilyviolencesupport.ca/
MILITARY FAMILY RESOURCE CENTRE (MFRC)		
Halifax/Shearwater	902-427-7788	http://www.halifaxmfr.ca/
MENTAL HEALTH EDUCATION		
Health Promotion Services (PSP)	902-722-4956	www.cafconnection.ca/halifax/hp
Road to Mental Readiness	902-721-8819	http://www.forces.gc.ca/en/caf-community-health-services-r2mr/index.page
Learning & Career Centre	902-722-4304	https://strongproudready.ca/mission-ready/en/learning-and-career-centres/