









Wing and Community Resources

19 WING RESOURCES		
Wing Mental Health Services 		250-339-8211 ext. 8148
Case Manager 		250-339-8211 ext. 6605
Wing Chaplain's Office		250-339-8211 ext. 8389
Wing Medical Clinic – Reception/Care Delivery Unit (CDU) 		250-339-8211 ext. 8267 / 6999
Military Police 	Non-Emergency	250-339-8211 ext. 8218
IMMEDIATE RESPONSE FROM WING dialed from Wing Phone	Emergency	911
Fire & First Aid Responders 	*IMMEDIATE RESPONSE FROM WING dialed from Wing Phone	911*
Comox Military Family Resource Centre (MFRC)		250-339-8290
Comox MFRC Counselling Services		250-339-8286
CAF MAP - Member Assistance Program – 24/7		1-800-268-7708
Sexual Misconduct Response Centre – 24/7		1-844-750-1648
DND Civilian Employee Assistance Program – 24/7		1-800-268-7708
Health Canada – Employee Assistance Services – 24/7		1-800-268-7708
NPF – Employee and Family Assistance Program – 24/7		1-800-387-4765
Operational Stress Injury Social Support (OSISS) – Peer Support Coordinator		250-331-1310
OSISS Family Support (Long distance charges may apply)		1-250-770-4539
CAF Transition Centre (Formerly IPSC)		250-339-8211 ext. 7300
CAF Transition Centre Family Liaison Officer (Formerly IPSC)		250-339-8211 ext. 7905 / 8286
Wing Conflict Resolution Office 		250-339-8211 ext. 7171
Family Information Line – 24/7		1-800-866-4546
19 Wing Information Line – 24/7		250-339-8001
Wing SISIP Financial Counsellor 		250-339-5942
Wing Manager, Health Promotion		250-339-8211 ext. 8328
 Accessible from Defence Wide Area Network (DWAN) computer only		
COMMUNITY RESOURCES		
RCMP	Non-Emergency	250-338-1321
	Emergency	911
BC Ambulance – 24/7		911
North Island Hospital Comox Valley – VIHA – 24/7		250-331-5900
Comox Valley RCMP Victim Services		250-334-5979
HealthLink BC – 24hr Confidential Health Info & Advice		811
BC Drug and Poison Control Centre – 24/7		1-800-567-8911
Emergency Helpline for Women - Lilli House Shelter – Transition Society – 24/7		250-338-1227
Kids Help Phone – 24/7		1-800-668-6868
Vancouver Island Crisis Line – 24/7		1-888-494-3888
Crisis Chat & Text – Available every evening from 6pm-10pm	www.vicrisis.ca /	250-800-3806
Crisis Services – BC Wide – 24/7	1-800-SUICIDE /	1-800-784-2433
310Mental Health Support Line – 24/7 (no need to dial area code)		310-6789
Mental Health & Substance Use Services – VIHA		250-331-8524
John Howard Society of North Island (Youth)		250-338-7341
BC Emergency Social Services – Emergency Management BC		1-800-585-9559
Legal Aid BC – Legal Services Society		1-866-577-2525
Mediate BC Society		1-877-656-1300
Ministry of Children & Family Development		250-334-5820
Comox Valley Family Services Association		250-338-7575
Comox Valley Hospice Society		250-339-5533
Comox Valley Nursing Centre		250-331-8502
Alcoholics Anonymous, Comox Valley		250-338-8042
Al-Anon/Alateen	1-888-4AL-ANON /	1-888-425-2666
Alano Club Comox Valley		250-338-0041
Narcotics Anonymous		1-800-379-6652