



VIRTUAL SCAVENGER HUNT

QUESTIONS:

1. Employee Assistance Program (EAP) is a confidential, voluntary and neutral service available to civilian and CAF employees when dealing with issues that are affecting their personal well-being and/or work performance. Who is the local EAP Coordinator?
2. Champlain services are a great resource in times of distress regardless of your religious background. Name one Padre?
3. CAF Members Assistance Program is a voluntary and confidential service, initiated by the CAF to help members (Regular Force, all Reserve Class Members, and Cadets) and family members over the age of 16 who have personal concerns that affect their personal well-being and/or work performance. What are the hours of operation for CFMAP?
4. What is the Health Canada Employee Assistance Services 1-800 phone number you can call 24 hours a day in the event of a mental health related crisis?
5. Health Promotion offers a variety of health related programs. List one of the mental health related courses available?
6. An EAP Referral Agent can help connect you with appropriate resources. There are referral agents across CFB Halifax and Lodger Units. Name an EAP Referral Agent in your area.
7. Recently the Alternative Conflict Resolution Centre broadened its services and changed its title. What is the new title?
8. The Learning and Career Center offers a variety of courses online and in person. Where is the LCC located?
9. Visit <https://www.cafconnection.ca/halifax/hp/>, find the Helping Professionals Key Contact info and list one resource.
10. What floor in the Stadacona Hospital will you find Mental Health Services?

First 5 people to email all the correct answers will receive a prize.

