

Mental Health Services

The Integrated Personnel Support Centre (IPSC) Saskatchewan Family Liaison Officer/Military Family Resource Centre (MFRC) Social Worker provides a variety of free support for Canadian Armed Forces (CAF) Families.

Services

- Confidential individual & family counseling
- Trauma/addictions/relationship matters/parental child conflict/adapting to change/personal growth/grief & loss/work-life balance
- Referrals to mental health services for adults and children and community based programs
- Access to educational and preventative based programs
- Outreach support to families within Saskatchewan
- Crisis Support
- Assistance in applying for emergency funding
- Support for caregivers and families coping with injuries, illness & loss (such as Operational Stress Injuries)
- Support to families of medically releasing CAF personnel
- Support to families of deceased CAF personnel

Programs

- FOCUS (Families Over-Coming Under Stress) resiliency training
- Road to Mental Readiness (R2MR): Family version
- Provide general mental health presentations to units, families and community partners.

To find out more information about the above services please contact the Family Liaison Officer, Jennifer Calkin telephone: 306-694-2222 ex 5542 or email: jennifer.calkin@forces.gc.ca

Additional Mental Health Resources/Service

Moose Jaw

- Adults: Mental Health Resources Adults: Five Hills Health Regina Mental Health & Addiction Services (306) 691-6464
- Children: Five Hills Health Region Child/Youth Services Phone (306) 691-6464
- Moose Jaw Transition House 24-Hour Crisis Line (306) 693-6511

Regina

- Adults: Regina Qu'Appelle Health Region Mental Health and Addiction Services (306) 766-7800
- Children: Regina Qu'Appelle Health Region Children & Youth Services (306) 766-6700
- Regina Crisis Response Team (306) 757-0127
- Regina Transition House 24- Hour Crisis Line (306) 569-2292

Other Resources/Services

- CFMAP 1-800-268-7708
- Veterans Assistance Program 1-800-268-7708

- Family Information Line 1-800-866-4546 (*families of veterans can also access*)
- Operational Stress Injury Social Support (OSISS- peer based support for members and families with operational stress injuries) 1-800-883-6094
- Helping Other Peers by proving Empathy (HOPE- peer based grief support) 1-800-883-6094
- Kids Help Phone 1-800-668-6868