



MENTAL HEALTH RESOURCES

If you are in an immediate risk situation, please contact 911

GARRISON PETAWAWA

Mental Health Services* 613-687-5511 local 4600

Mental Health Intake Worker Available at 0730-1200 & 1300 – 1430 hrs No Apt. Required

Chaplain Office (24 hour duty personnel)* 613-687-5511 local 5611

Chaplain Administration (0800-1600 Mon-Fri) 613-687-5511 local 5434

Unit Padre	1 RCR	613-687-5511 local 6498
	2 CER	613-687-5511 local 6485
	2 RCHA	613-687-5511 local 7396
	2 Svc Bn	613-687-5511 local 6362
	3 RCR	613-687-5511 local 5536
	HQ & Sigs	613-687-5511 local 6412
	RCD	613-687-5511 local 5750
	All Others*	613-687-5511 local 5434

Care Delivery Units (CDU) CDU 1 Reception 613-687-5511 local 3743

CDU 2 Reception 613-687-5511 local 3745

CDU 3 Reception 613-687-5511 local 3747

Military Police* 613-687-5511 local 5444
Or 613-687-4444

Employee Assistance Program 1-800-268-7708

Canadian Forces Member Assistance Program (CFMAP)* 1-800-268-7708

Family Info Line* 1-800-866-4546

Petawawa Military Family Resource Centre* 613-687-1641

Veteran's Affairs* 1-866-522-2122 (English)
1-866-522-2022 (French)

CFMWS Employee Assistance Program* 1-800-387-4765

Strengthening the Forces Health Promotion Office 613-687-5511 local 4685
(Prevention workshops)

Operational Stress Injury Social Support (OSISS)* (www.osiss.ca)

OSISS – Peer Support 1-800-883-6094
Or 613-687-5511 local 2699

OSISS - Family Peer Support 613-687-5511 local 3599

Conflict & Complaint Management Services 613-588-4700

Victim Services 613-687-5511 local 5900

ORGANIZATIONS: LOCAL COMMUNITY

Renfrew County and District Health Unit* 613-735-8666 or 1-800-267-1097

Pembroke Regional Hospital* 613-732-2811

*Service available in French

Deep River and District Hospital*	613-584-3333
North Renfrew Family Services*	613-584-3358
Child, Youth and Family Crisis Line (evening and weekend)*	613-260-2360 or 1-877-377-7775
New Hope Centre	613-623-9226 or 1-877-832-6452
Marian Hill Geriatric Mental Health Program*	613-735-6500 or 1-877-260-0535
Bernadette McCann House (Women's Shelter)	613-732-3131 or 1-800-267-4930
Family & Children Services of Renfrew County*	613-735-6866
Women's Sexual Assault Centre*	613-735-5551 or 1-800-663-3060
Phoenix Centre for Children and Families*	613-735-2374 or 1-800-465-1870
Renfrew County Crisis Support Clinic –Robbie Dean Family Counselling Service	613-635-4715 ext 4
Walk in Wed's 5-9 pm@715 MacKay St	(For youth and families)

ORGANIZATIONS: ONTARIO

211 Ontario*	211 or www.211ontario.ca
Distress Centres Ontario (www.dcontario.org)	1-416-486-2242
Crisis Intervention Centre (24 hr. telephone counseling)	1-888-757-7766
London Mental Health Crisis Service (24-hr telephone support for age 16+)	1-519-433-2023
Ottawa Distress Centre*	1-613-238-3311
Halton Suicide Prevention Coalition	1-877-825-9011
Lanark, Leeds & Grenville Distress Centre	1-800-465-4442
Alcoholics Anonymous	613-735-9928
Gamblers Anonymous Hotline	613-567-3271
Crisis Line (24 hr)*	1-866-996-0991

ORGANIZATIONS: NATIONAL

Kids Helpline*	1-800-668-6868
Mental Health Services Crisis Line (24 hr)*	1-866-996-0991
The Support Network Distress Line (Edmonton)	1-800-232-7288
Chimo Help Line (New Brunswick)*	1-800-667-5005
Centre de Prévention du Suicide de Québec*	1-866-277-3553
Winnipeg Community Healthy Centre	1-888-322-3019
Crisis Service Canada	1-833-456-4566
Connexon Ontario Helpline	1-866-351-2600 App Connex-go



*Service available in French