

**You are not alone  
Pocket Support Card**

September 2022



**EMERGENCY SERVICES**

<b>Emergency</b>	<b>911</b>
Community Services	211
Base Operator	705-424-1200
MIR Hotline (HEAL)	4325
Mental Health/Social Worker	3523 / 7869
Base Duty Officer (after hrs)	2445
Duty chaplain (after hrs)	2445
Fire (non-emergency)	2671
Military Police Victim Services	2241
Dental (after hours)	705-790-5866

**CAF SERVICES**

<b>CF Member Assistance Program</b>	<b>1-800-268-7708</b>
Employee Assistance Program	3774
Sexual Misconduct Response Centre	1-844-750-1648

**ONTARIO HELP**

Ontario Telehealth	1-866-797-0000
Ontario Poison Centre	1-800-268-9017
Mental Health Crisis Line	705-728-5044 1-888-893-8333
Women & Children's Shelter (Barrie)	1-800-461-1716
My Sister's Place	705-435-3835
La Maison Rosewood Shelter	705-526-3221
LGBTQ2+ Hotline	1-800-268-9688
Ontario Provincial Police	705-329-6111
Alcoholics Anonymous	705-725-8682
Salvation Army Shelter (Men)	705-737-2963
My Friend's House, Collingwood	705-444-2511
Simcoe Muskoka Family Connexions	1-800-461-4236
New Path Youth & Family Services	705-733-2654 x 2121
Stevenson Memorial Hospital, Alliston	705-435-6281
Royal Victoria Hospital (RVH), Barrie	705-728-9802 x 0
Addictions Crisis Line (RVH)	705-728-4226
Mental Health Support Services (RVH)	705-726-7490
Simcoe County Sexual Assault & Rape Crisis Centre (Athena's)	1-800-987-0799
North Simcoe Victim Crisis Services	705-325-5578
Victim Crisis Assistance & Referral Services	705-725-7025 x 2120
ConnexOntario (Addictions, Gambling)	1-866-531-2600

**BORDEN SERVICES**

IT / IS Help Desk	4357
Borden Family Resource Centre	3994
Health Promotion	7086
CF Housing Agency	7891
Conflict & Complaint Management	2214
Chaplain Services	2318
Real Property Ops	4444
Base Personnel Selection Officer	3890
Dispute Resolution Centre	3426
Base Ops	1381
CF Transition Centre	2035
Base Community Council	3811

**NATIONAL SERVICES**

Crisis Services Canada	1-833-456-4566 text: 45645
Victim Support Line	1-888-579-2888
Kids Help Phone	1-800-668-6868
Legal Aid	1-800-461-8953
Operational Stress Injury Social Support	1-800-883-6094
Family Information Line	1-800-866-4546
SISIP Financial	705-424-2262
Children's Aid Society	1-800-718-1797
Assaulted Women's Helpline	1-866-863-0511