



EMERGENCY	
Police, Fire, Ambulance	9-1-1
Suicide Crisis Helpline	9-8-8 (bilingual)
Military Police (MP) Police and security services to the base and it's surrounding military communities.	250-363-4032
DND Fire Hall Dispatch Desk – non-emergency	250-363-1900 or 250-363-1991
Vancouver Island Crisis Line + Victoria Sexual Assault Centre (after hours)	1-888-494-3888 (24hr call line) 250-800-3806 (texting available from 6-10pm)
Poison Control Centre	1-844-764-7669 (24hr)
FAMILY VIOLENCE	
Family Violence Advisory Team (FVAT) Provides educational briefings and resources for community supports.	P-ESQ.FVAT@intern.mil.ca
FAMILY SERVICES	
Military Family Resource Centre (MFRC) Here to support the unique parts of the military lifestyle. Provide education, child care and social work services to military families.	250-363-2640 (local) 1-800-353-3329 (toll-free)
ACCOMMODATIONS	
Base Accommodations Responsible for all military accommodation requests.	250-363-4087 (DND Single Quarters) 250-888-0990 (After Hours)
Canadian Forces Housing Agency Manages residential housing units for military families posted to CFB Esquimalt.	250-363-4421 (Office) 1-800-903-2342 (After Hours)
LEGAL	
Assistant Judge Advocate General	250-363-4260
FINANCIAL	
Service Income Security Insurance Plan (SISIP) Financial counselling and planning, insurance and investing.	250-363-3301
COUNSELLING & SUPPORT	
Base Addictions Counsellors Individual therapeutic care, assessments, diagnoses, treatment, follow-up, recommendations, and resource info. Service requires referral from primary care clinician.	250-363-4122 (CAF Medical Clinic Reception)



COUNSELLING & SUPPORT CONT.	
Chaplains Available to all members, regardless of spiritual background, or none at all, race, gender or marital status. Services include spiritual care, counselling, religious ceremonies, educational opportunities, crisis situations and exploring life's big questions.	250-363-4106 (Main office) 250-363-4032 (After Hours Dispatch)
Employee Assistance Program (EAP) Provides confidential, voluntary, and neutral support to civilian employees and eligible family members who are experiencing personal or professional difficulties.	1-800-663-1142 (24hr)
CF Member Assistance Program (CFMAP) Support is available to CAF members and their families for any concerns impacting personal well-being or job performance. This includes issues related to relationships, emotional or interpersonal difficulties, stress and burnout, harassment, sexual assault, and the use of alcohol, drugs, or prescription medications.	1-800-268-7708 (24hr bilingual)
CF Health Services Assessment, support, and treatment to regular force service members as well as reserve force personnel within the Pacific Region.	250-363-4122 (CAF Medical Clinic Reception)
Base Mental Health Services Members are encouraged to go to sick parade or their integrated health teams (IHTs) for mental health care.	250-363-4122 (CAF Medical Clinic Reception)
Esquimalt MFRC Family Wellness and Counselling Team Programs and services that serve, involve and advocate for the military community and their families and address the unique challenges of the military family lifestyle.	778-533-7736
Family Information Line 24 hour confidential, bilingual and free service offering information, support, referrals, reassurance and crisis management to the military community. Serving CAF members, Veterans and their families- immediate and extended.	1-800-866-4546 (within Canada) FIL-LIF@cfmws.com
Sexual Misconduct Support and Resource Centre (SMSRC) Counsellors available 24/7 to provide military members with victim-related supportive counselling, assistance and information.	1-844-750-1648 (24hr) DND.SMSRC- CSRIS.MDN@forces.gc.ca
Military Police Community Liaison and Victim Services Coordinator Victim services for anyone who has been the victim of a crime regardless of the severity or if they are pursuing charges.	250-363-4032



COUNSELLING & SUPPORT CONT.	
Sentinel Program Contact to inquire about becoming a Sentinel. Sentinels are a group of peer support members of all ranks who are trained and supervised by Chaplains and whose purpose is to increase human connectedness on a day-to-day basis.	ESQ.SENTINELTC@intern.mil.ca (training cell)
SUPPORT FOR ILL/INJURED PERSONNEL	
CAF Transition Centre (Esq) One-stop service for ill and injured CAF personnel, veterans and their families. Services include return to work programs, SPHL, casualty administration, support; advocacy and transition services.	250-363-4483
Operational Stress Injury Social Support (OSISS) A national peer support network for CAF members, veterans and their families experiencing an operational stress injury.	1-800-883-6094 (toll free) OSISS-SSBSO@forces.gc.ca
VETERANS	
Veterans Affairs Canada (VAC) Provides services and benefits to CAF members, veterans, and their families. Services include rehabilitation, financial benefits, group health insurance, job placement assistance, disability awards and other allowances.	1-866-522-2122
EDUCATIONAL & CAREER SERVICES	
Base Personnel Selection Office Provides career counselling, second career transition services and education counselling to military members.	250-363-4091 or 250-363-5578
Learning and Career Centre (LCC) Provides classroom training for professional development and offers access to self-directed learning resources.	250-363-5524
HEALTH & WELLNESS	
CAF Health Services Offers outpatient care to those within the Formation. <ul style="list-style-type: none">Medical Reception and Case ManagementDental Reception (Esquimalt)Dental Reception (Dockyard)Physiotherapy Department	250-363-4122 250-363-4149 250-363-2310 250-363-4122 (option 5, then 4)



HEALTH & WELLNESS CONT.	
Personnel Support Program (PSP) Offers morale and welfare programs to the defence community. <ul style="list-style-type: none">• Health Promotion – programs and services that promote healthy living.• Fitness and Sport – individual and group fitness and sports programs.• Recreation – leisure and recreation programs for the DND community and their families.	250-363-5621 250-363-4485 250-363-1009

EMPLOYMENT EQUITY	
MARPAC Equity, Diversity & Inclusion Coordinator – Vanessa Nicholson	250-363-1900 ext. 60138 Vanessa.Nicholson@forces.gc.ca

LOCAL DEFENSE ADVISORY GROUPS	
Defense Women's Advisory Group (DWAO)	MARPADWAO@forces.gc.ca +ESQ MARAPC DWAO@MARPAC HQ@Esquimalt
Defence Team Pride Advisory Group (DTPAO)	MARPAC.DTPN@intern.mil.ca +ESQ MARPAC DTPAO@MARPAC HQ@Esquimalt
Defence Indigenous Advisory Group (DIAG)	P-ESQDAAG@intern.mil.ca +ESQ DAAG@MARPAC HQ@Esquimalt
Defence Advisory Group for Persons with Disabilities (DAGPWD)	MARPAC.DAGPWD@forces.gc.ca +MARPAC HQ DAGPWD@MARPAC HQ@Esquimalt
Defence Racialized Person's Advisory Group (DRPAG)	PL-ESQ.MARPACHQ-DRPAG@forces.gc.ca +Defence Racialized Persons Advisory Group Esquimalt@MARPAC HQ@Esquimalt

POSITIVE SPACE	
The Positive Space training program aims to educate defence team members on how to foster a safe and inclusive work environment for everyone, including members of the 2SLGBTQI+ community.	esqmarpacpositivespace@forces.gc.ca

WORKPLACE CONFLICT	
Conflict and Complaint Management Services (CCMS) Helps individuals, teams and units resolve and navigate conflict through rights & interests-based processes.	250-481-0885 ccmsesquimalt@forces.gc.ca



WORKPLACE CONFLICT CONT.	
Good Working Relations (GWR) Centre of excellence in harassment awareness, prevention, training and policy.	250-363-5501
CAF Ombudsman Created to increase openness and transparency in the CAF and DND, and to ensure the fair treatment of concerns raised by CAF members, DND employees, cadets and their families.	1-888-828-3626

HR SUPPORT	
Civilian Human Resources Service Centre (CHRSC(P)) Works with civilian and military managers, offering advice and support services related to compensation, civilian human resource planning, recruitment, staffing, employee relations, learning and classification.	HR Connect: 1-833-747-6363 Compensation support: 1-855-686-4729 (Canada and USA)

UNIONS	
Union for Agriculture Workers	local20064exec@gmail.com
Association of Canadian Financial Officers	1-877-728-0695
Canadian Service Merchant Guide	1-604-939-8990 (western branch)
Federal Government Dockyard Trades and Labour Council (West)	250-383-7622
International Brotherhood of Electrical Workers	250-388-7374
Professional Institute of the Public Service of Canada (PIPSC)	1-800-663-0485
Union of National Defence Employees (UNDE)	1-866-594-4505
Public Service Alliance of Canada	250-953-1050
National Joint Council (NJC)	<u>Travel directives</u>

Notice any missing resources that should be included or any information that is incorrect?

Contact: p-esq.marpachq-healthandwellnessstrategy@forces.gc.ca