

HELPING PROFESSIONALS

KEY CONTACT INFORMATION

2026

CFB HALIFAX AND REGION	
Military Police, Fire, and Ambulance	911
HealthLink Nova Scotia	811
Community, Health & Social Services Nova Scotia	211
Suicide Crisis Helpline	988
Base Operator	902-427-0550
EMERGENCY NUMBERS	
Duty Chaplain	902-427-7788
MFRC Emergency Childcare Services (24 hrs)	902-427-7788
Canada Suicide Prevention Service (24/7)	1-833-456-4566
Provincial Mental Health and Addictions Crisis Line (24/7)	902-429-8167 1-888-429-8167
Bryony House (24 hrs) <i>(shelter for abused women and their children)</i>	902-422-7650
Avalon Sexual Assault Nurse Examiners	902-425-0122
Child Protection Services – after hrs	1-888-919-4236 1-866-922-2434
Poison Control Line	902-470-8161 1-800-565-8161

CRISIS TEXT LINES	
Military Family Kids (24/7)	Text CAFKIDS to 686868
Crisis Text Line for ALL (24/7)	Text HOME to 686868
Canada Suicide Prevention Service Text Line (5pm – 1am AST)	Text 45645
CAF HEALTH SERVICES CENTRE (ATLANTIC)	
CDU1:	902-721-8890
CDU2:	902-721-8868
CDU3:	902-721-8764
CDU4:	902-721-5291
CDU5:	902-721-0815
Psychosocial Services	902-721-8607
Addiction Services	902-721-8600
CAF SERVICES	
Member Assistance Program (24 hrs, free and confidential counselling service for CAF Members and families)	1-800-268-7708 TTY: 1-800-567-5803
Family Information Line	1-800-866-4546
Sexual Conduct Support & Resource Centre (SMSRC)	1-844-750-1648
Canadian Armed Forces Transition Unit	1-800-883-6094
Canadian Armed Forces Transition Centre	902-722-1908

Operational Stress Injury Social Support (Peer and Family Support)	1-800-883-6094
Veterans Affairs Canada	1-866-522-2122
SISIP Financial Services	902-425-6926
Conflict & Complaint Management Services	902-721-7533 1-833-328-3351
Base Chaplain	902-721-8660
CIVILIAN EMPLOYEE ASSISTANCE PROGRAMS	
MARLANT EAP Manager	902-427-3237
Employee Assistance Services – Homewood Health (24 hrs, free, and confidential counselling services)	1-800-663-1142 1-888-384-1152 <i>(for people with hearing impairments)</i>
NPF Employee & Family Assistance Program	1-800-387-4765
CAF FAMILY VIOLENCE ADVISORY TEAM	
Team Lead (Social Worker)	902-721-8607
MFRC Social Worker	902-427-7788
Military Police Victim Services Coordinator	902-722-4446

MILITARY FAMILY RESOURCE CENTRE (MFRC)	
Halifax/Shearwater	902-427-7788
MENTAL HEALTH EDUCATION	
Health Promotion Services (PSP)	902-722-4956
Road to Mental Readiness	902-802-6556
Learning & Career Centre	902-722-4304
LifeSpeak caf.lifespeak.com	Access ID: canada

Please check out
cfmws.ca/Halifax/hp/helpingprofessionals
for updates and website links
for these resources.

Hfxhealthpromotion@forces.gc.ca