

# Wing and Community Resources

## 19 WING RESOURCES \*If dialing an extension from a Wing phone, dial 252 before the extension

<a href="#">Wing Mental Health Services</a>	250-339-8211 ext. 8148
<a href="#">Case Manager</a>	250-339-8211 ext. 6605
<a href="#">Wing Chaplain's Office</a>	250-339-8211 ext. 8293 Duty Chaplain after hours 250-339-8211 ext. 8231
<a href="#">Wing Medical Clinic – Reception/Care Delivery Unit (CDU)</a>	250-339-8211 ext. 8267 / 6999
<a href="#">Military Police</a>	Non-Emergency 250-339-8211 ext. 8218
*If dialed from Wing Phone will have <b>IMMEDIATE RESPONSE FROM WING</b> Emergency <b>911*</b>	
<a href="#">Fire &amp; First Aid Responders</a> * If dialed from Wing Phone will have <b>IMMEDIATE RESPONSE FROM WING</b>	<b>911*</b>
<a href="#">Comox Military Family Resource Centre (MFRC)</a>	250-339-8290
<a href="#">Comox MFRC Counselling Services</a>	250-339-8286
<a href="#">CAF MAP - Member Assistance Program</a> – 24/7	1-800-268-7708
<a href="#">Sexual Misconduct Support and Resource Centre</a> – 24/7	1-844-750-1648
<a href="#">DND Civilian Employee Assistance Program</a> – 24/7	1-800-663-1142
<a href="#">Health Canada – Employee Assistance Services</a> – 24/7	1-800-268-7708
<a href="#">CFMWS – Employee and Family Assistance Program</a> – 24/7 or Mobile App	1-833-352-9799
<a href="#">Operational Stress Injury Social Support (OSISS) – Peer Support Coordinator</a>	1-800-883-6094
<a href="#">OSISS Family Support (Long distance charges may apply)</a>	1-250-770-4539
<a href="#">CAF Transition Centre (Formerly IPSC)</a>	250-339-8211 ext. 7300
<a href="#">CAF Transition Centre Family Liaison Officer (Formerly IPSC)</a>	250-339-8211 ext. 8286
<a href="#">Wing Conflict Resolution Office</a>	250-339-8211 ext. 7171
<a href="#">Family Information Line</a> – 24/7	1-800-866-4546
<a href="#">19 Wing Information Line</a> – 24/7	250-339-8001
<a href="#">Wing SISIP Financial Counsellor</a>	250-339-5942
<a href="#">Wing Manager, Health Promotion</a>	250-339-8211 ext. 8328

Accessible from Defence Wide Area Network (DWAN) computer only

## COMMUNITY RESOURCES

<a href="#">RCMP</a>	Non-Emergency 250-338-1321
	Emergency 911
<a href="#">BC Ambulance</a> – 24/7	911
<a href="#">North Island Hospital Comox Valley</a> – Island Health – 24/7	250-331-5900
<a href="#">Comox Valley RCMP Victim Services</a>	250-334-5979
<a href="#">HealthLink BC</a> – 24hr Confidential Health Info & Advice	811
<a href="#">BC Drug and Poison Control Centre</a> – 24/7	1-800-567-8911
<a href="#">Emergency Helpline for Women - Lilli House Shelter – Transition Society</a> – 24/7	250-338-1227
<a href="#">Kids Help Phone</a> – 24/7	1-800-668-6868
<a href="#">Vancouver Island Crisis Line</a> – 24/7	1-888-494-3888
<a href="#">Crisis Chat &amp; Text</a> – Available every evening from 6pm-10pm	<a href="http://www.vicrisis.ca">www.vicrisis.ca</a> / 250-800-3806
<a href="#">Crisis Services – BC Wide</a> – 24/7	1-800-SUICIDE / 1-800-784-2433
<a href="#">310Mental Health Support Line</a> – 24/7 (no need to dial area code)	310-6789
<a href="#">Suicide Crisis Helpline - Call or Text</a>	988
<a href="#">KUU-US Crisis Line</a>	1-800-588-8717
<a href="#">Mental Health &amp; Substance Use Services</a> – Island health	250-331-8524
<a href="#">John Howard Society of North Island (Youth)</a>	250-338-7341
<a href="#">BC Emergency Support Services – Emergency Management BC</a>	1-800-585-9559
<a href="#">Legal Aid BC</a> – Legal Services Society	1-866-577-2525
<a href="#">Mediate BC Society</a>	1-877-656-1300
<a href="#">Ministry of Children &amp; Family Development</a>	250-334-5820
<a href="#">Comox Valley Family Services Association</a>	250-338-7575
<a href="#">Comox Valley Hospice Society</a>	250-871-0696
<a href="#">Comox Valley Nursing Centre</a>	250-331-8502
<a href="#">Alcoholics Anonymous, Comox Valley</a>	250-338-8042
<a href="#">Al-Anon/Alateen</a>	1-888-4AL-ANON / 1-888-425-2666
<a href="#">Alano Club Comox Valley</a>	250-338-0041
<a href="#">Narcotics Anonymous</a>	1-844-484-6772