Wing and Community Resources

19 WING RESOURCES *If dialing an extension from a Wing phone, dial 252	2 before the extension
Wing Mental Health Services	250-339-8211 ext. 8148
Case Manager	250-339-8211 ext. 6605
Wing Chaplain's Office 250-339-8211 ext.	8293 Duty Chaplain after hours 250-339-8211 ext. 8231
Wing Medical Clinic – Reception/Care Delivery Unit (CDU)	250-339-8211 ext. 8267 / 6999
Military Police	Non-Emergency 250-339-8211 ext. 8218
If dialed from Wing Phone will have IMMEDIATE RESPONSE FROM	WING Emergency 911
Fire & First Aid Responders =* If dialed from Wing Phone will have IMMEDIA	ATE RESPONSE FROM WING 911*
Comox Military Family Resource Centre (MFRC)	250-339-8290
Comox MFRC Counselling Services	250-339-8286
CAF MAP - Member Assistance Program – 24/7	1-800-268-7708
Sexual Misconduct Support and Resource Centre – 24/7	1-844-750-1648
DND Civilian Employee Assistance Program – 24/7	1-800-663-1142
Health Canada – Employee Assistance Services – 24/7	1-800-268-7708
CFMWS – Employee and Family Assistance Program – 24/7 or Mobile App	o 1-833-352-9799
Operational Stress Injury Social Support (OSISS) – Peer Support Coordina	ator 1-800-883-6094
OSISS Family Support (Long distance charges may apply)	1-250-770-4539
CAF Transition Centre (Formerly IPSC)	250-339-8211 ext. 7300
CAF Transition Centre Family Liaison Officer (Formerly IPSC)	250-339-8211 ext. 8286
Wing Conflict Resolution Office	250-339-8211 ext. 7171
Family Information Line – 24/7	1-800-866-4546
19 Wing Information Line – 24/7	250-339-8001
Wing SISIP Financial Counsellor	250-339-5942
Wing Manager, Health Promotion	250-339-8211 ext. 8328
Accessible from Defence Wide Area Network (DWAN) computer only	
COMMUNITY RESOURCES	
RCMP	Non Empireration 050,000,1001
	Non-Emergency 250-338-1321
	Emergency 250-338-1321
BC Ambulance – 24/7	0,
	Emergency 911
BC Ambulance – 24/7 North Island Hospital Comox Valley – Island Health – 24/7 Comox Valley RCMP Victim Services	Emergency 911 911
BC Ambulance – 24/7 North Island Hospital Comox Valley – Island Health – 24/7 Comox Valley RCMP Victim Services HealthLink BC – 24hr Confidential Health Info & Advice	Emergency 911 911 250-331-5900 250-334-5979 811
BC Ambulance – 24/7 North Island Hospital Comox Valley – Island Health – 24/7 Comox Valley RCMP Victim Services HealthLink BC – 24hr Confidential Health Info & Advice BC Drug and Poison Control Centre – 24/7	Emergency 911 911 250-331-5900 250-334-5979 811 1-800-567-8911
BC Ambulance – 24/7 North Island Hospital Comox Valley – Island Health – 24/7 Comox Valley RCMP Victim Services HealthLink BC – 24hr Confidential Health Info & Advice BC Drug and Poison Control Centre – 24/7 Emergency Helpline for Women - Lilli House Shelter – Transition Society –	Emergency 911 911 250-331-5900 250-334-5979 811 1-800-567-8911 - 24/7 250-338-1227
BC Ambulance – 24/7 North Island Hospital Comox Valley – Island Health – 24/7 Comox Valley RCMP Victim Services HealthLink BC – 24hr Confidential Health Info & Advice BC Drug and Poison Control Centre – 24/7 Emergency Helpline for Women - Lilli House Shelter – Transition Society – Kids Help Phone – 24/7	Emergency 911 911 250-331-5900 250-334-5979 811 1-800-567-8911 • 24/7 250-338-1227 1-800-668-6868
BC Ambulance – 24/7 North Island Hospital Comox Valley – Island Health – 24/7 Comox Valley RCMP Victim Services HealthLink BC – 24hr Confidential Health Info & Advice BC Drug and Poison Control Centre – 24/7 Emergency Helpline for Women - Lilli House Shelter – Transition Society – Kids Help Phone – 24/7 Vancouver Island Crisis Line – 24/7	Emergency 911 911 250-331-5900 250-334-5979 811 - 24/7 250-338-1227 1-800-668-6868 1-888-494-3888
BC Ambulance – 24/7 North Island Hospital Comox Valley – Island Health – 24/7 Comox Valley RCMP Victim Services HealthLink BC – 24hr Confidential Health Info & Advice BC Drug and Poison Control Centre – 24/7 Emergency Helpline for Women - Lilli House Shelter – Transition Society – Kids Help Phone – 24/7 Vancouver Island Crisis Line – 24/7 Crisis Chat & Text – Available every evening from 6pm-10pm	Emergency 911 911 250-331-5900 250-334-5979 811 - 24/7 250-338-1227 1-800-668-6868 1-888-494-3888 www.vicrisis.ca / 250-800-3806
BC Ambulance – 24/7 North Island Hospital Comox Valley – Island Health – 24/7 Comox Valley RCMP Victim Services HealthLink BC – 24hr Confidential Health Info & Advice BC Drug and Poison Control Centre – 24/7 Emergency Helpline for Women - Lilli House Shelter – Transition Society – Kids Help Phone – 24/7 Vancouver Island Crisis Line – 24/7 Crisis Chat & Text – Available every evening from 6pm-10pm Crisis Services – BC Wide – 24/7	Emergency 911 911 250-331-5900 250-334-5979 811 - 24/7 250-338-1227 1-800-567-8911 - 24/7 250-338-1227 1-800-668-6868 1-888-494-3888 www.vicrisis.ca / 250-800-3806 1-800-SUICIDE / 1-800-784-2433
BC Ambulance – 24/7 North Island Hospital Comox Valley – Island Health – 24/7 Comox Valley RCMP Victim Services HealthLink BC – 24hr Confidential Health Info & Advice BC Drug and Poison Control Centre – 24/7 Emergency Helpline for Women - Lilli House Shelter – Transition Society – Kids Help Phone – 24/7 Vancouver Island Crisis Line – 24/7 Crisis Chat & Text – Available every evening from 6pm-10pm Crisis Services – BC Wide – 24/7 310Mental Health Support Line – 24/7 (no need to dial area code)	Emergency 911 911 250-331-5900 250-334-5979 811 - 24/7 250-338-1227 1-800-668-6868 1-888-494-3888 <u>www.vicrisis.ca</u> / 250-800-3806 1-800-SUICIDE / 1-800-784-2433 310-6789
BC Ambulance – 24/7 North Island Hospital Comox Valley – Island Health – 24/7 Comox Valley RCMP Victim Services HealthLink BC – 24hr Confidential Health Info & Advice BC Drug and Poison Control Centre – 24/7 Emergency Helpline for Women - Lilli House Shelter – Transition Society – Kids Help Phone – 24/7 Vancouver Island Crisis Line – 24/7 Crisis Chat & Text – Available every evening from 6pm-10pm Crisis Services – BC Wide – 24/7 310Mental Health Support Line – 24/7 (no need to dial area code) Suicide Crisis Helpline - Call or Text	Emergency 911 911 250-331-5900 250-334-5979 811 - 24/7 250-338-1227 1-800-668-6868 1-888-494-3888 www.vicrisis.ca / 250-800-3806 1-800-SUICIDE / 1-800-784-2433 310-6789 988
BC Ambulance – 24/7 North Island Hospital Comox Valley – Island Health – 24/7 Comox Valley RCMP Victim Services HealthLink BC – 24hr Confidential Health Info & Advice BC Drug and Poison Control Centre – 24/7 Emergency Helpline for Women - Lilli House Shelter – Transition Society – Kids Help Phone – 24/7 Vancouver Island Crisis Line – 24/7 Crisis Chat & Text – Available every evening from 6pm-10pm Crisis Services – BC Wide – 24/7 310Mental Health Support Line – 24/7 (no need to dial area code) Suicide Crisis Helpline - Call or Text KUU-US Crisis Line	Emergency 911 911 250-331-5900 250-334-5979 811 - 24/7 250-338-1227 1-800-567-8911 - 24/7 250-338-1227 1-800-688-6868 1-888-494-3888 1-888-494-3888 1-888-494-3888 1-800-580-3806 1-800-SUICIDE / 1-800-784-2433 310-6789 988 1-800-588-871
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BC Ambulance – 24/7 North Island Hospital Comox Valley – Island Health – 24/7 Comox Valley RCMP Victim Services HealthLink BC – 24hr Confidential Health Info & Advice BC Drug and Poison Control Centre – 24/7 Emergency Helpline for Women - Lilli House Shelter – Transition Society – Kids Help Phone – 24/7 Vancouver Island Crisis Line – 24/7 Crisis Chat & Text – Available every evening from 6pm-10pm Crisis Services – BC Wide – 24/7 310Mental Health Support Line – 24/7 (no need to dial area code) Suicide Crisis Line Mental Health & Substance Use Services – Island health John Howard Society of North Island (Youth)	Emergency 911 911 250-331-5900 250-334-5979 811 - 24/7 250-338-1227 1-800-567-8911 - 24/7 250-338-1227 1-800-688-6868 1-888-494-3888 www.vicrisis.ca / 250-800-3806 1-800-SUICIDE / 1-800-784-2433 310-6789 988 1-800-588-871 250-331-8524 250-331-8524
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BC Ambulance – 24/7 North Island Hospital Comox Valley – Island Health – 24/7 Comox Valley RCMP Victim Services HealthLink BC – 24hr Confidential Health Info & Advice BC Drug and Poison Control Centre – 24/7 Emergency Helpline for Women - Lilli House Shelter – Transition Society – Kids Help Phone – 24/7 Vancouver Island Crisis Line – 24/7 Crisis Chat & Text – Available every evening from 6pm-10pm Crisis Services – BC Wide – 24/7 310Mental Health Support Line – 24/7 (no need to dial area code) Suicide Crisis Helpline - Call or Text KUU-US Crisis Line Mental Health & Substance Use Services – Island health John Howard Society of North Island (Youth) BC Emergency Support Services – Emergency Management BC Legal Aid BC – Legal Services Society	Emergency 911 911 250-331-5900 250-334-5979 811 - 24/7 250-338-1227 1-800-567-8911 - 24/7 250-338-1227 1-800-668-6868 1-888-494-3888 www.vicrisis.ca / 250-800-3806 1-800-SUICIDE / 1-800-784-2433 310-6789 988 1-800-588-871 250-331-8524 250-331-8524 250-331-8524 1-800-585-9559 1-866-577-2525
BC Ambulance – 24/7 North Island Hospital Comox Valley – Island Health – 24/7 Comox Valley RCMP Victim Services HealthLink BC – 24hr Confidential Health Info & Advice BC Drug and Poison Control Centre – 24/7 Emergency Helpline for Women - Lilli House Shelter – Transition Society – Kids Help Phone – 24/7 Vancouver Island Crisis Line – 24/7 Crisis Chat & Text – Available every evening from 6pm-10pm Crisis Services – BC Wide – 24/7 310Mental Health Support Line – 24/7 (no need to dial area code) Suicide Crisis Helpline - Call or Text KUU-US Crisis Line Mental Health & Substance Use Services – Island health John Howard Society of North Island (Youth) BC Emergency Support Services – Emergency Management BC Legal Aid BC – Legal Services Society Mediate BC Society	Emergency 911 911 250-331-5900 250-334-5979 811 - 24/7 250-338-1227 - 24/7 250-338-1227 - 1-800-668-6868 - 1-800-688-6868 - 1-800-688-6868 - 1-800-688-6868 - 1-800-688-6868 - 1-800-688-6868 - 1-800-688-6868 - 1-800-580-3866 - 1-800-588-871 - 250-331-8524 - 250-331-8524 - 250-338-7341 - 1-800-585-9559 - 1-866-577-2525 - 1-877-656-1300
BC Ambulance – 24/7 North Island Hospital Comox Valley – Island Health – 24/7 Comox Valley RCMP Victim Services HealthLink BC – 24hr Confidential Health Info & Advice BC Drug and Poison Control Centre – 24/7 Emergency Helpline for Women - Lilli House Shelter – Transition Society – Kids Help Phone – 24/7 Vancouver Island Crisis Line – 24/7 Crisis Chat & Text – Available every evening from 6pm-10pm Crisis Services – BC Wide – 24/7 310Mental Health Support Line – 24/7 (no need to dial area code) Suicide Crisis Helpline - Call or Text KUU-US Crisis Line Mental Health & Substance Use Services – Island health John Howard Society of North Island (Youth) BC Emergency Support Services – Emergency Management BC Legal Aid BC – Legal Services Society Mediate BC Society Ministry of Children & Family Development	Emergency 911 911 911 250-331-5900 250-334-5979 210 250-334-5979 811 1-800-567-8911 24/7 250-338-1227 1-800-668-6868 1-888-494-3888 www.vicrisis.ca / 250-800-3806 1-888-494-3888 www.vicrisis.ca / 250-800-3806 1-800-SUICIDE / 1-800-784-2433 310-6789 988 1-800-SUICIDE / 1-800-784-2433 310-6789 988 1-800-588-8711 250-331-8524 250-331-8524 250-331-8524 250-338-7341 1-800-585-9559 1-866-577-2525 1-877-656-1300 250-334-5820
BC Ambulance – 24/7 North Island Hospital Comox Valley – Island Health – 24/7 Comox Valley RCMP Victim Services HealthLink BC – 24hr Confidential Health Info & Advice BC Drug and Poison Control Centre – 24/7 Emergency Helpline for Women - Lilli House Shelter – Transition Society – Kids Help Phone – 24/7 Vancouver Island Crisis Line – 24/7 Crisis Chat & Text – Available every evening from 6pm-10pm Crisis Services – BC Wide – 24/7 310Mental Health Support Line – 24/7 (no need to dial area code) Suicide Crisis Helpline - Call or Text KUU-US Crisis Line Mental Health & Substance Use Services – Island health John Howard Society of North Island (Youth) BC Emergency Support Services – Emergency Management BC Legal Aid BC – Legal Services Society Mediate BC Society Ministry of Children & Family Development Comox Valley Family Services Association	Emergency 911 911 911 250-331-5900 250-334-5979 250-334-5979 811 1-800-567-8911 1-800-567-8911 24/7 250-338-1227 1-800-668-6868 1-888-494-3888 www.vicrisis.ca / 250-800-3806 1-800-SUICIDE / 1-800-784-2433 310-6789 988 1-800-SUICIDE / 1-800-784-2433 310-6789 988 1-800-SUICIDE / 1-800-784-2433 310-6789 988 1-800-588-8711 250-331-8524 250-331-8524 1-800-585-9559 1-866-577-2525 1-800-585-9559 1-866-577-2525 1-877-656-1300 250-334-5820 250-334-5820 250-334-5820
BC Ambulance – 24/7 North Island Hospital Comox Valley – Island Health – 24/7 Comox Valley RCMP Victim Services HealthLink BC – 24hr Confidential Health Info & Advice BC Drug and Poison Control Centre – 24/7 Emergency Helpline for Women - Lilli House Shelter – Transition Society – Kids Help Phone – 24/7 Vancouver Island Crisis Line – 24/7 Crisis Chat & Text – Available every evening from 6pm-10pm Crisis Services – BC Wide – 24/7 310Mental Health Support Line – 24/7 (no need to dial area code) Suicide Crisis Helpline - Call or Text KUU-US Crisis Line Mental Health & Substance Use Services – Island health John Howard Society of North Island (Youth) BC Emergency Support Services – Emergency Management BC Legal Aid BC – Legal Services Society Mediate BC Society Ministry of Children & Family Development Comox Valley Family Services Association Comox Valley Hospice Society	Emergency 911 911 911 250-331-5900 250-334-5979 250-334-5979 811 1-800-567-8911 1-800-567-8911 224/7 250-338-1227 1-800-668-6868 1-888-494-3888 <u>www.vicrisis.ca</u> / 250-800-3806 1-800-586-8743 310-6789 988 1-800-SUICIDE / 1-800-784-2433 310-6789 988 1-800-588-8711 250-331-8524 250-331-8524 250-331-8524 250-338-7341 1-800-585-9559 1-866-577-2525 1-877-656-1300 250-334-5820 250-338-7575 250-338-7575
BC Ambulance - 24/7 North Island Hospital Comox Valley - Island Health - 24/7 Comox Valley RCMP Victim Services HealthLink BC - 24hr Confidential Health Info & Advice BC Drug and Poison Control Centre - 24/7 Emergency Helpline for Women - Lilli House Shelter - Transition Society - Kids Help Phone - 24/7 Vancouver Island Crisis Line - 24/7 Crisis Chat & Text - Available every evening from 6pm-10pm Crisis Services - BC Wide - 24/7 310Mental Health Support Line - 24/7 (no need to dial area code) Suicide Crisis Helpline - Call or Text KUU-US Crisis Line Mental Health & Substance Use Services - Island health John Howard Society of North Island (Youth) BC Emergency Support Services Society Mediate BC Society Ministry of Children & Family Development Comox Valley Family Services Association Comox Valley Hospice Society Comox Valley Nursing Centre	Emergency 911 911 911 250-331-5900 250-334-5979 250-334-5979 811 1-800-567-8911 1-800-567-8911 24/7 250-338-1227 1-800-668-6868 1-888-494-3888 www.vicrisis.ca / 250-800-3806 1-800-581-2433 310-6789 310-6789 988 1-800-SUICIDE / 1-800-784-2433 310-6789 988 1-800-SUICIDE / 1-800-784-2433 310-6789 988 1-800-588-8711 250-331-8524 250-331-8524 250-331-8524 250-338-7341 1-800-585-9559 1-866-577-2525 1-877-656-1300 250-334-5820 250-334-5820 250-334-5820 250-334-5820 250-334-5820 250-331-8502 250-331-8502
BC Ambulance - 24/7 North Island Hospital Comox Valley - Island Health - 24/7 Comox Valley RCMP Victim Services HealthLink BC - 24hr Confidential Health Info & Advice BC Drug and Poison Control Centre - 24/7 Emergency Helpline for Women - Lilli House Shelter - Transition Society - Kids Help Phone - 24/7 Vancouver Island Crisis Line - 24/7 Crisis Chat & Text - Available every evening from 6pm-10pm Crisis Services - BC Wide - 24/7 310Mental Health Support Line - 24/7 (no need to dial area code) Suicide Crisis Helpline - Call or Text KUU-US Crisis Line Mental Health & Substance Use Services - Island health John Howard Society of North Island (Youth) BC Emergency Support Services - Emergency Management BC Legal Aid BC - Legal Services Society Mediate BC Society Ministry of Children & Family Development Comox Valley Family Services Association Comox Valley Hospice Society Comox Valley Nursing Centre Alcoholics Anonymous, Comox Valley	Emergency 911 911 911 250-331-5900 250-334-5979 250-334-5979 811 1-800-567-8911 1-800-567-8911 22/7 250-338-1227 1-800-668-6868 1-888-494-3888 www.vicrisis.ca / 250-800-3806 1-888-494-3888 www.vicrisis.ca / 250-800-3806 1-800-SUICIDE / 1-800-784-2433 310-6789 988 1-800-SUICIDE / 1-800-784-2433 310-6789 988 1-800-588-8711 250-331-8524 250-331-8524 250-331-8524 250-331-8524 250-331-8524 250-334-5820 250-334-5820 250-334-5820 250-331-8502 250-331-8502 250-331-8502 250-331-8502 250-331-8502 250-331-8502 250-331-8502 250-338-8042
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BC Ambulance - 24/7 North Island Hospital Comox Valley - Island Health - 24/7 Comox Valley RCMP Victim Services HealthLink BC - 24hr Confidential Health Info & Advice BC Drug and Poison Control Centre - 24/7 Emergency Helpline for Women - Lilli House Shelter - Transition Society - Kids Help Phone - 24/7 Vancouver Island Crisis Line - 24/7 Crisis Chat & Text - Available every evening from 6pm-10pm Crisis Services - BC Wide - 24/7 310Mental Health Support Line - 24/7 (no need to dial area code) Suicide Crisis Helpline - Call or Text KUU-US Crisis Line Mental Health & Substance Use Services - Island health John Howard Society of North Island (Youth) BC Emergency Support Services - Emergency Management BC Legal Aid BC - Legal Services Society Mediate BC Society Ministry of Children & Family Development Comox Valley Family Services Association Comox Valley Hospice Society Comox Valley Nursing Centre Alcoholics Anonymous, Comox Valley	Emergency 911 911 911 250-331-5900 250-334-5979 250-334-5979 811 1-800-567-8911 1-800-567-8911 22/7 250-338-1227 1-800-668-6868 1-888-494-3888 www.vicrisis.ca / 250-800-3806 1-888-494-3888 www.vicrisis.ca / 250-800-3806 1-800-SUICIDE / 1-800-784-2433 310-6789 988 1-800-SUICIDE / 1-800-784-2433 310-6789 988 1-800-588-8711 250-331-8524 250-331-8524 250-331-8524 250-331-8524 250-331-8524 250-334-5820 250-334-5820 250-334-5820 250-331-8502 250-331-8502 250-331-8502 250-331-8502 250-331-8502 250-331-8502 250-331-8502 250-338-8042

HEALTH PROMOTION 19 Wing Comox

