

Health Resource Directory



What are Green/Yellow Resources?

Green/Yellow resources are for building and maintaining health and well-being, learning new skills, managing everyday stress, and getting support early before problems become larger. These resources can help you stay well, strengthen resilience, and address mild or emerging concerns.

How can these resources be used?

Green/Yellow resources may be useful when you:

- Want to improve your overall health, readiness and well-being.
- Are experiencing everyday stress or life challenges.
- Want to learn skills, strategies, or healthy habits.
- Feel something is changing and want support early.

Direct Contact: Resources that involve live interaction, which may be less discreet but offer personalized support. **Examples:** phone helplines, in-person counselling, peer support groups, workshops or seminars, career or health centre services.

Discreet Access: Resources that can be accessed privately and anonymously, often online or via text/chat. **Examples:** Web portals, mobile apps, text-based crisis lines, online self-guided programs, anonymous chat services.

Family Access: Resources that are available to spouses, children, or extended family members of CAF personnel. **Examples:** Family-specific helplines, parenting and relationship support, youth mental health programs, family counselling services.

GREEN/YELLOW RESOURCE CONTENTS

Physical Health Domain	3
Mental Health Domain	5
Emotional Health Domain	7
Social Health Domain	10
Spiritual Health Domain	12
Substance Use and Addictive Behaviors	13

Important Information

This directory is based on a stepped care approach; however, the resources are intended as a guide and are neither prescriptive nor limiting. Resources have been grouped by level of support to make navigation easier and help individuals identify options that may meet their current needs.

You may access any resource within the Green/Yellow, Orange, or Red directories at any time, regardless of the category in which it appears. Individuals may choose to use resources from multiple levels simultaneously based on their needs, preferences, circumstances, and personal goals.

People often move between levels of support, use resources from multiple levels at the same time, or start with the resource that feels most appropriate to them.

If you are unsure which resource is right for you, or if your concerns are worsening, consult a qualified health care professional.

If there is an immediate risk to your safety or the safety of others, call 9-1-1 or access emergency services immediately.

PHYSICAL HEALTH

Service Provider	Direct Access	Discreet Access	Family	CAF/DND
Road to Mental Readiness (R2MR) Description: this web portal includes modules on sleep hygiene, progressive muscle relaxation, and mindfulness. Additional practical nutrition tips and stress-related eating guidance can be found here.	✓	✓	✓	CAF
CAF Fitness – Virtual Training Description: this web portal offers tactical online fitness programs for all levels. Includes FORCE prep, trail running, strength training, and mobility workouts. Accessible worldwide via mobile or desktop.	✓	✓	✓	CAF
PSP Sports, Fitness & Recreation Description: a wide variety of programs and services so that you can stay safe and find fun ways to get active, stay connected and live better. Facility programming and booking	✓		✓	Both
Health Promotion Services ☎ 902-722-4956 ✉ HFXHealthPromotion@forces.gc.ca Description: skill building, in-person courses based in adult learning including: Essential Nutrition, Stress.Calm, Injury Reduction, Substance Use Awareness, Sleep, etc.	✓		✓	Both
Canadian Forces Health Services (Dental) ☎ 902-721-8960 OR 902-720-1096 ✉ hfxdentalclinic@forces.gc.ca	✓			CAF

Service Provider - Canada Wide	Direct Access	Discreet Access	Family	CAF/DND
eating disorders Nova Scotia Description: non-referral resources ranging from: in-person programs, skills for recovery, virtual workshops, peer support groups, as well as resources for family and friends.	✓	✓	✓	Both
ParticipACTION App Description: national app promoting physical activity through challenges, tracking, and tips. Endorsed by the Government of Canada.		✓	✓	Both

<u>Nutrition Resources – Health Canada</u> Description: Canada's official nutrition website guide with meal planning tools, healthy eating tips, and culturally inclusive resources.		✓	✓	Both
<u>Sleepwell</u> Description: this website houses tools and resources to help you get started with CBTi sleep enhancing techniques.		✓	✓	Both
<u>Sleep On It – Canadian Sleep Society</u> Description: this website offers sleep hygiene tips, videos, and downloadable resources endorsed by sleep researchers and clinicians.		✓	✓	Both

MENTAL HEALTH

Service Provider	Direct Access	Discreet Access	Family	CAF/DND
LifeSpeak Access ID: free account creation required Description: online platform with expert-led videos and articles on mental fitness, mindfulness, and resilience.	✓	✓	✓	Both
Road to Mental Readiness (R2MR) Description: CAF's foundational mental health training program focused on resilience, self-talk, visualization, and performance under pressure.	✓	✓		Both
Health Promotion Services ☎ 902-722-4956 ✉ HFXHealthPromotion@forces.gc.ca Description: skill building, in-person courses based in adult learning including: Mental Fitness and Suicide Awareness, Stress.Calm, Managing Angry Moments.	✓		✓	Both
Conflict & Complaint Management Services ☎ 902-721-7533 OR 833-328-3351 Description: confidential support assisting with the resolution of workplace conflicts, harassment, and grievances.	✓			Both
MARLANT Chaplains ☎ 902-721-8660	✓			Both
Employee Assistance Program ☎ 1-800-663-1142 OR 1-888-384-1152 (for people with hearing impairment) Digital Mental Health Platform Code DND743 Description: confidential, short-term counselling and crisis services (24/7) via telephone and chat.	✓	✓	✓	DND
Canadian Forces Member Assistance Program (CFMAP) ☎ 1-800-268-7708, TTY: 1-800-567-5803 Description: 24/7 confidential support via telephone and online chat for CAF members and families, including counselling and mental health support.		✓	✓	CAF
Operational Stress Injury Social Support (OSISS) ☎ 1-800-883-6094 ✉ OSISS-SSBSO@forces.gc.ca Description: peer support network for CAF members and families dealing with operational stress injuries.		✓	✓	CAF

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<u>Canadian Armed Forces Transition Unit</u> 📞 902-722-1908 OR 1-800-883-6094 Description: comprehensive resources and support for CAF members transitioning to civilian life.	✓		✓	CAF
<u>Family Information Line</u> 📞 1-800-866-4546 Description: 24/7 support line for families of CAF members, offering guidance and emotional support.	✓		✓	CAF
<u>Military Family Resource Centres (MFRCs)</u> 📞 902-427-7788 Description: programs and services to military families, including psychosocial support and access to Family Liaison Officers .	✓		✓	CAF
<u>Defence Community Support & Resource Centre (former SMSRC)</u> 📞 1-844-750-1648 (24/7) Description: Confidential support and resources for those affected by sexual misconduct and systemic racism.	✓		✓	Both

Service Provider - Canada Wide	Direct Access	Discreet Access	Family	CAF/DND
<u>Nova Scotia Health – Mental Health & Addictions</u> 📞 1-855-922-1122 Description: offers searchable tools, intake services, online supports, and community programs across Nova Scotia. Includes crisis lines and self-help tools.	✓	✓	✓	Both
<u>BounceBack® by CMHA</u> 📞 1-855-873-0013 Description: this website offers educational videos and learning modules to assist with stress and anxiety.	✓	✓	✓	Both
<u>Mental Health Commission of Canada</u> Description: offers fact sheets, toolkits, guides, and webinars on resilience, mindfulness, suicide prevention, and mental health literacy.		✓	✓	Both
<u>Mental Health Research Canada – Resource Hub</u> Description: web portal that lists validated, free mental health resources and wellness tools including national crisis lines.		✓	✓	Both
<u>Anxiety Canada</u> Description: free downloadable PDFs resources		✓	✓	Both

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EMOTIONAL HEALTH

Service Provider	Direct Access	Discreet Access	Family	CAF/DND
LifeSpeak Access ID: free account creation required Description: online platform with expert-led videos and articles on mental fitness, mindfulness, and resilience.	✓	✓	✓	Both
Road to Mental Readiness (R2MR) Description: CAF's foundational mental health training program focused on resilience, self-talk, visualization, and performance under pressure.	✓	✓		Both
Health Promotion Services ☎ 902-722-4956 ✉ HFXHealthPromotion@forces.gc.ca Description: skill building, in-person courses based in adult learning including: Mental Fitness and Suicide Awareness, Stress.Calm, Managing Angry Moments.	✓		✓	Both
Conflict & Complaint Management Services ☎ 902-721-7533 OR 833-328-3351 Description: confidential support assisting with the resolution of workplace conflicts, harassment, and grievances.	✓			Both
MARLANT Chaplains ☎ 902-721-8660	✓			Both
Employee Assistance Program ☎ 1-800-663-1142 OR 1-888-384-1152 (for people with hearing impairment) Digital Mental Health Platform Code DND743 Description: confidential, short-term counselling and crisis services (24/7) via telephone and chat.	✓	✓	✓	DND
Canadian Forces Member Assistance Program (CFMAP) ☎ 1-800-268-7708, TTY: 1-800-567-5803 Description: 24/7 confidential support via telephone and online chat for CAF members and families, including counselling and mental health support.		✓	✓	CAF
Operational Stress Injury Social Support (OSISS) ☎ 1-800-883-6094 ✉ OSISS-SSBSO@forces.gc.ca Description: peer support network for CAF members and families dealing with operational stress injuries.		✓	✓	CAF

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<u>Family Information Line</u>  1-800-866-4546 Description: 24/7 support line for families of CAF members, offering guidance and emotional support.	✓		✓	CAF
<u>Military Family Resource Centres (MFRCs)</u>  902-427-7788 Description: programs and services to military families, including psychosocial support and access to Family Liaison Officers .	✓		✓	CAF
<u>Canadian Armed Forces Transition Unit</u>  902-722-1908 OR 1-800-883-6094 Description: comprehensive resources and support for CAF members transitioning to civilian life.	✓		✓	CAF
<u>NPF Employee and Family Assistance Program</u>  1-800-387-4765 Description: confidential, voluntary, and free short-term counselling and advisory service available 24/7 for NPF employees.	✓		✓	DND
<u>Hope Program</u>  1-800-883-6094  HOPE-ESPOIR@forces.gc.ca Description: Peer support for bereaved CAF members and their families.	✓		✓	Both

Service Provider - Canada Wide	Direct Access	Discreet Access	Family	CAF/DND
<u>Promoting Positive Mental Health – Canada.ca</u> Description: offers strategies and resources to build emotional wellness, including optimism, humour, and coping skills.		✓	✓	Both
<u>Well Central (CMHA)</u> Description: Offers free, self-directed courses on emotional regulation, self-compassion, overcoming loneliness, and building resilience. Developed by the Canadian Mental Health Association.		✓	✓	Both
<u>MyGrief</u> Description: his website offers 19 online modules on grief, including specialized modules for different types of grief such as pregnancy and infant loss.		✓	✓	Both
<u>Government of NS – Mental Health & Wellbeing</u> Description: Provides access to helplines, peer support, youth services, and family counselling. Includes Access Wellness and Good2Talk programs.		✓	✓	Both

<u>Mental Health Research Canada – Resource Hub</u> Description: Web portal that lists validated, free mental health resources and wellness tools including national crisis lines.		✓	✓	Both
<u>AIMS for Anger Management App</u> Description: provides users with tools to track and help manage anger, education about anger, and opportunities for finding support		✓	✓	Both
<u>Canadian Virtual Hospice – Spiritual Health Portal</u> Description: offers articles, videos, and forums on finding meaning, spiritual companions, grief, and storytelling during life challenges. Includes tools for reflection and emotional growth.		✓	✓	Both

SOCIAL HEALTH

Service Provider	Direct Access	Discreet Access	Family	CAF/DND
LifeSpeak Access ID: free account creation required Description: online platform with expert-led videos and articles on mental fitness, mindfulness, and resilience.	✓	✓	✓	Both
Health Promotion Services ☎ 902-722-4956 ✉ HFXHealthPromotion@forces.gc.ca Description: skill building, in-person courses based in adult learning including: Mental Fitness and Suicide Awareness, Stress.Calm, Managing Angry Moments.	✓		✓	Both
Conflict & Complaint Management Services ☎ 902-721-7533 OR 833-328-3351 Description: confidential support assisting with the resolution of workplace conflicts, harassment, and grievances.	✓			Both
Canadian Armed Forces Transition Unit ☎ 902-722-1908 OR 1-800-883-6094 Description: comprehensive resources and support for CAF members transitioning to civilian life.	✓		✓	CAF
Employee Assistance Program ☎ 1-800-663-1142 OR 1-888-384-1152 (for people with hearing impairment) Digital Mental Health Platform Code DND743 Description: confidential, short-term counselling and crisis services (24/7) via telephone and chat.	✓	✓	✓	DND
Canadian Forces Member Assistance Program (CFMAP) ☎ 1-800-268-7708, TTY: 1-800-567-5803 Description: 24/7 confidential support via telephone and online chat for CAF members and families, including counselling and mental health support.		✓	✓	CAF
Family Information Line ☎ 1-800-866-4546 Description: 24/7 support line for families of CAF members, offering guidance and emotional support.	✓		✓	CAF
Military Family Resource Centres (MFRCs) ☎ 902-427-7788 Description: programs and services to military families, including psychosocial support and access to Family Liaison Officers .	✓		✓	CAF

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<u>PSP Sports, Fitness & Recreation</u> Description: a wide variety of programs and services so that you can stay safe and find fun ways to get active, stay connected and live better.	✓		✓	Both
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Service Provider - Canada Wide	Direct Access	Discreet Access	Family	CAF/DND
<u>Certified Listeners Society Warmline</u> Description: a Federal, peer-based emotional support for anyone feeling isolated or needing someone to talk to.	✓	✓	✓	Both
<u>Canadian Alliance for Social Connection and Health (CASCH)</u> Description: focused on reducing loneliness and social isolation through research, policy, and public health guidelines. Offers evidence briefs, toolkits, and initiative.		✓	✓	Both
<u>GenWell Project</u> Description: Offers campaigns, toolkits, and events to encourage meaningful social interaction.		✓	✓	Both
<u>Mental Health Research Canada – Resource Hub</u> Description: Web portal that lists validated, free mental health resources and wellness tools including national crisis lines.		✓	✓	Both

SPIRITUAL HEALTH

Service Provider	Direct Access	Discreet Access	Family	CAF/DND
MARLANT Chaplains  902-721-8660	✓			Both
Health Promotion Services  902-722-4956  HFXHealthPromotion@forces.gc.ca Description: skill building, in-person courses based in adult learning including: Mental Fitness and Suicide Awareness, Stress.Calm, Managing Angry Moments.	✓		✓	Both
Sentinel Program Description: Sentinels act as guides to resources, support programs, as well as tools available to CAF members and their families to facilitate identification and access.	✓		✓	CAF

Service Provider - Canada Wide	Direct Access	Discreet Access	Family	CAF/DND
Canadian Virtual Hospice – Spiritual Health Portal Description: offers articles, videos, and forums on finding meaning, spiritual companions, grief, and storytelling during life challenges. Includes tools for reflection and emotional growth.		✓	✓	Both
Canadian Association for Spiritual Care (CASC) Description: National body promoting excellence in spiritual care and psychospiritual therapy. Offers virtual education, certification, and resources.		✓	✓	Both
Well Central – Virtual Recovery College (CMHA) Description: Offers free, self-directed courses on self-compassion, overcoming loneliness, emotional healing, and personal growth.		✓	✓	Both

SUBSTANCE USE & ADDICTIVE BEHAVIOURS

Service Provider	Direct Access	Discreet Access	Family	CAF/DND
Health Promotion Services  902-722-4956  HFXHealthPromotion@forces.gc.ca Description: skill building, in-person courses based in adult learning including Substance Use and Addiction Awareness.	✓		✓	Both
LifeSpeak Access ID: free account creation required Description: online platform with expert-led videos and articles on mental fitness, mindfulness, and resilience.	✓	✓	✓	Both

Service Provider - Canada Wide	Direct Access	Discreet Access	Family	CAF/DND
Nova Scotia Health – Mental Health & Addictions  1-855-922-1122 Description: offers searchable tools, intake services, online supports, and community programs across Nova Scotia. Includes crisis lines and self-help tools.	✓	✓	✓	Both
Home - Tobacco Free NS  811 Description: free, confidential service that offers support and information about quitting smoking and tobacco use. Dial 811 and follow instructions to access Tobacco Free Nova Scotia.	✓	✓	✓	Both
Smart Recovery Toolbox Description: Free downloadable participant tools and worksheets		✓	✓	Both
Alcoholics Anonymous Halifax Regional Municipality  (902) 461-1119 (24/7)  AAHelp.AAHalifax@gmail.com Description: provides 24/7 peer support for alcohol recovery through a toll-free and email.	✓	✓	✓	Both

