

Health Resource Directory



What are Orange Resources?

Orange resources are for times when concerns are having a greater impact on your daily life, work, relationships, or well-being. These resources provide more focused support, guidance, coaching, counselling, peer support, and professional services to help address ongoing challenges.

How can these resources be used?

Orange resources may be useful when you:

- Feel stressed, overwhelmed, or struggling more often.
- Notice your health or well-being is affecting daily activities.
- Need additional support beyond self-help resources.
- Would benefit from professional guidance or structured support.

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.*

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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
<u>Road to Mental Readiness (R2MR)</u> 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
<u>CAF Fitness – Virtual Training</u> 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
<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
<u>Health Promotion Services</u> ☎ 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
CAF Health Services CDU 1: 902-721-8890 CDU 2: 902-721-8868 CDU 3: 902-721-8764 CDU 4: 902-721-5291/8813 CDU 5: 902-721-0815/0816	✓			CAF

Service Provider - Canada Wide	Direct Access	Discreet Access	Family	CAF/DND
<u>eating disorders Nova Scotia</u> 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
Nutrition Resources – Health Canada Description: Canada's official nutrition website guide with meal planning tools, healthy eating tips, and culturally inclusive resources.		✓	✓	Both
Sleepwell Description: this website houses tools and resources to help you get started with CBTi sleep enhancing techniques.		✓	✓	Both
Sleep On It – Canadian Sleep Society Description: this website offers sleep hygiene tips, videos, and downloadable resources endorsed by sleep researchers and clinicians.		✓	✓	Both
Insomnia Coach App Description: based on Cognitive Behavioral Therapy for Insomnia and features guided, weekly training plan, interactive sleep diary, and 17 tools.		✓	✓	Both

MENTAL HEALTH

Service Provider	Direct Access	Discreet Access	Family	CAF/DND
<u>LifeSpeak</u> Access ID: free account creation required Description: online platform with expert-led videos and articles on mental fitness, mindfulness, and resilience.	✓	✓	✓	Both
<u>Road to Mental Readiness (R2MR)</u> Description: CAF's foundational mental health training program focused on resilience, self-talk, visualization, and performance under pressure.	✓	✓		Both
<u>Health Promotion Services</u> ☎ 902-722-4956 ✉ HFHealthPromotion@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
<u>Conflict & Complaint Management Services</u> ☎ 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
<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 or systemic racism.	✓		✓	Both
9-8-8: Suicide Crisis Helpline ☎ 9-8-8 (call or text) Description: 24/7 national bilingual service for crisis support and suicide prevention.	✓	✓	✓	Both
CAF Health Services CDU 1: 902-721-8890 CDU 2: 902-721-8868 CDU 3: 902-721-8764 CDU 4: 902-721-5291/8813 CDU 5: 902-721-0815/0816 General Mental Health: 902-721-8012 Addiction Prevention & Treatment: 902-721- 8600 Psychosocial Services: 902-721-8607 Operational Trauma & Stress Support: 902-721-5703	✓			CAF

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Canadian Forces Member Assistance Program (MAP) 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
Family Information Line ☎ 1-800-866-4546 Description: 24/7 support line for families of CAF members, offering guidance and emotional support.	✓		✓	CAF
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
NPF Employee and Family Assistance Program ☎ 1-800-387-4765 Description: confidential, voluntary, and free short-term counselling and advisory service available 24/7 for NPF employees	✓		✓	DND

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
BounceBack® by CMHA ☎ 1-855-873-0013 Description: free CBT-based program with coaching and workbooks on mild to moderate anxiety or depression.	✓	✓	✓	Both

Mental Health Commission of Canada Description: offers fact sheets, toolkits, guides, and webinars on resilience, mindfulness, suicide prevention, and mental health literacy.		✓	✓	Both
Provincial Mental Health and Addiction Crisis Line 📞 1-888-429-8167 (24/7) Description: supports callers who present with self-identified mental health concerns	✓		✓	Both
Government of NS – Mental Health & Wellbeing Description: provides access to helplines, peer support, youth services, and family counselling. Includes Access Wellness and Good2Talk programs.		✓	✓	Both
Mental Health Research Canada – Resource Hub Description: web portal that lists validated, free mental health resources and wellness tools including national crisis lines.		✓	✓	Both

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
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
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	✓		✓	CAF

Description: programs and services to military families, including psychosocial support and access to Family Liaison Officers .				
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
NPF Employee and Family Assistance Program 📞 1-800-387-4765 Description: confidential, voluntary, and free short-term counselling and advisory service available 24/7 for NPF employees.	✓		✓	DND
Hope Program 📞 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
Promoting Positive Mental Health – Canada.ca Description: offers strategies and resources to build emotional wellness, including optimism, humour, and coping skills.		✓	✓	Both
Well Central (CMHA) Description: Offers free, self-directed courses on emotional regulation, self-compassion, overcoming loneliness, and building resilience. Developed by the Canadian Mental Health Association.		✓	✓	Both
MyGrief Description: his website offers 19 online modules on grief, including specialized modules for different types of grief such as pregnancy and infant loss.		✓	✓	Both
Government of NS – Mental Health & Wellbeing 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
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
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
Family Information Line ☎ 1-800-866-4546 Description: 24/7 support line for families of CAF members, offering guidance and emotional support.	✓		✓	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.	✓		✓	Both

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: A national movement promoting human connection as a vital part of health. Offers campaigns, toolkits, and events to encourage meaningful social interaction.		✓	✓	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

SPIRITUAL HEALTH

Service Provider	Direct Access	Discreet Access	Family	CAF/DND
MARLANT Chaplains ☎ 902-721-8660	✓			Both
Health Services Military Chaplain ☎ 902-721-8607	✓			CAF
<u>Health Promotion Services</u> ☎ 902-722-4956 ✉ HFXHealthPromotion@forces.gc.ca <i>Description: skill building, in-person courses based in adult learning including: Mental Fitness and Suicide Awareness, Stress.Calm, Managing Angry Moments.</i>	✓		✓	Both
<u>Canadian Armed Forces Transition Unit</u> ☎ 902-722-1908 OR 1-800-883-6094 <i>Description: comprehensive resources and support for CAF members transitioning to civilian life.</i>	✓			CAF

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

SUBSTANCE USE & ADDICTIVE BEHAVIOURS

Service Provider	Direct Access	Discreet Access	Family	CAF/DND
CAF Health Services CDU 1: 902-721-8890 CDU 2: 902-721-8868 CDU 3: 902-721-8764 CDU 4: 902-721-5291/8813 CDU 5: 902-721-0815/0816 General Mental Health: 902-721-8012 Addiction Prevention & Treatment: 902-721- 8600 Psychosocial Services: 902-721-8607 Operational Trauma & Stress Support: 902-721-5703	✓			CAF
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
<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>Provincial Mental Health and Addiction Crisis Line</u> ☎ 1-888-429-8167 (24/7) Description: supports callers who present with self-identified mental health concerns	✓		✓	Both
<u>Home - Tobacco Free NS</u> ☎ 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

<u>Alcoholics Anonymous Halifax Regional Municipality</u>  (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
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