

Resources for Families

Military Family Resource Centre

- Gagetown MFRC Social Workers/Deployment Coordinators
1-506-422-2000 ext. 3352
- Moncton MFRC Social Workers/Deployment Coordinators
1-506-851-7223
- Mission: To promote and facilitate community-based military family services that strengthen the Canadian Forces families and communities
- Examples of services provided: child and youth services, prevention support, deployment support, personal development, community integration, volunteer opportunities
- www.mfrcgagetown.nb.ca www.monctonmfr.com

Gagetown Deployment Support Centre

- 1-877-372-6866 24/7 phone number
- Mission: To provide 24/7 assistance to families of service members, assisting, foreseeing, and coping with problems that can arise during deployment
- DND/community based, resource centered
- http://www.army.forces.gc.ca/dsc_gagetown

CF Member Assistance Program

- 1-800-268-7708
- 24-hour, 365 days a year, free of charge, National, Toll-free, 100% confidential
- Bilingual telephone service
- Provides access to short-term professional counselling, children included
- <http://www.hc-sc.gc.ca/ewh-semt/occup-travail/empl/index-eng.php>

Base Mental Health

- 1-506-357-6482
- CF Member focused
- Services provided to CF members: assessment and treatment of mental health conditions, as well as marital/family therapy
- CF members can self-refer
- Services provided to CF spouses: psycho-education, marital therapy

Veteran Affairs Canada Operational Stress Injury Clinic

- 1-506-474-2265
- Services provided to CF members - assessment and treatment of OSI's
- Services provided to CF family members - education, marital therapy, family therapy
- Referral from Base Surgeon required for CF members/families
- www.vac-acc.gc.ca

Sunlife (health care plan for public service)

- 1-888-757-7427
- Referral from physician required to access psychological services
- Referral valid for 12 months
- Maximum of \$1000.00/year/family member (children included)
- Reimbursed at 80% after annual deductible
- Maximum claimable of \$185/hour for individual counselling
- Maximum claimable of \$65/hour for group counselling
- Coverage must be in effect at time when expenses are incurred
- www.sunlife.ca

Operational Stress Injury Social Support - Families www.osiss.ca

- 1-506-357-5932 or 1-506-450-5518
- Provides confidential peer support to family members of CF members and veterans who are experiencing an operational stress injury in both individual and group settings

- Contacts - Jennifer.fairbank@osiss.ca amanda.carlisle@osiss.ca

Operational Stress Injury Social Support - CF members/Veterans

- 1-506-357-5923 or 1-506-357-5738
- Provides confidential peer support to CF members and veterans who are experiencing an operational stress injury in both individual and group settings
- Contacts - fred.doucette@osiss.ca jerry.deveau@osiss.ca
- www.osiss.ca

Padres

- 1-506-422-2000 ext. 4200
- Serve the spiritual and personal needs of CF members and their families by providing: pastoral care - workplace stress, combat stress, family counselling
- Other services: grief and loss counselling, marriage support counselling, compassionate leave recommendations, individual counselling, practical aid through benevolent fund

Chemo Help Line

- 450-4357 (Fredericton area)
- 1-800-667-5005 (province wide)
- Provincial crisis phone line - 24 hours a day, 365 days per year to all residents of New Brunswick
- Mission: To provide a competent level of crisis intervention, referrals and vital information in a caring and confidential manner
- www.chimohelpline.ca

Provincial Health Care System

- Mental Health Centre - Adults, Child and Family
Victoria Health Centre, 65 Brunswick Street, Fredericton - 453-2132
- Community Mental Health Centre - Adults, Children and Family
81 Albert Street, Moncton - 856-2444
- Free provided you are using a valid NB Medicare Card

- Walk-in and self referral

Community Mental Health - Mobile Crisis After Hours Service

- 453-2132
- A community based after hours mental health service for Fredericton, Oromocto, and the surrounding rural areas
- Offers professional support in person or on the phone
- Hours: Monday-Friday 4:00PM-12:00AM
 Saturday-Sunday 3:00PM-11:00PM
 - *Calls after these hours are answered by the Fredericton Mental Health Centre answering service*

Fredericton Regional Health Services

Dr. Everett Chalmers Hospital

- 452-5400
- Emergency Room - 24/7; walk-in
- NB Medicare card required; referral made to appropriate service

Telecare

- 1-800-244-8353
- 24/7 phone service
- Symptoms evaluation and health information

Psychologists and Counsellors - Adult, Child and Family Therapy

- See yellow pages for listings
- Self or doctor referral
- Prescription may be required for reimbursement through health insurance

This information was provided by Jenny Fairbank and Lisa Kennedy at a session during the School District 17 Professional Development Day, August 30, 2011.