



# The specific needs of women in uniform

## Psychological Support

This event is meant to be a place of sharing with goodwill. However, we are aware that discussing the diverse experiences of women in uniform can lead to difficult, possibly traumatic memories. That is why we find it important to provide all our participants with a list of contacts that can provide help and support in a professional environment.

This is a non-exhaustive list, considering the wide variety of support organizations and professionals. For requests for clarification, non-urgent, do not hesitate to contact the organizer of the event: [servane@respectcanada.org](mailto:servane@respectcanada.org)

If you need support or have medical questions, we invite you to contact one of the following numbers.

Do not forget, WE ARE BETTER TOGETHER!

CRISIS SUPPORT CANADA _____	418-529-1899
CANADIAN CRISIS HOTLINE _____	1-888-353-2273
CANADIAN MENTAL HEALTH ASSOCIATION _____	416-646-5557
CANADIAN PSYCHOLOGICAL ASSOCIATION _____	1-888-472-0657
CENTRE FOR SUICIDE PREVENTION _____	1-833-456-4566
CRISIS SERVICES CANADA _____	1-833-456-4566
CANADA DRUG REHAB ADDICTION SERVICES DIRECTORY _____	1-866-462-6362
FIRST NATIONS AND INUIT HOPE FOR WELLNESS HELP LINE _____	1-855-242-3310
NATIONAL EATING DISORDER INFORMATION CENTRE _____	1-866-633-4220
PROVINCIAL HELPLINE FOR VICTIMS OF SEXUAL ASSAULT _____	1-888-933-9007
CANADIAN FORCES HEALTH INFORMATION LINE _____	1-877-633-3368
SOS SPOUSAL VIOLENCE _____	1-800-363-9010