

Community Resources Quick-Reference Guide

This quick-reference sheet is designed to help you keep track of resources you may need to access in a crisis situation, for your cadets or yourself. Your specific community may not have all of these resources, but list the phone numbers and contact person which are available in your area.

Ensure the completed sheet is available and easy to find when you are conducting PHASE as well as other activities and think about including it in your Incident Response Binder.

Resource	Contact Information	Contact Person (if applicable)
Local Police		
Military Police (and CFNIS)		
Ambulance/Paramedics		
Hospital Emergency Services		
Children's Hospital		
Fire Department		
Poison Control		
Kids Help Phone Kidshelpphone.ca	1-800-668-6868 Text CONNECT to 686868 "Always There" App	
Kamatsiaqtut Nunavut Helpline (available outside of the service area of KHP)	1-800-265-3333 1-867-979-3333	
Canada Suicide Prevention Service and Crisis Services Canada	1-833-456-4566 (English) 1-866-277-3553 (French) Crisisservicescanada.ca Text 4566	
Canadian Association for Suicide Prevention (list and map of crisis support centers)	Suicideprevention.ca	

Resource	Contact Information	Contact Person (if applicable)
Cybertip (report online child sexual abuse and exploitation)	Cybertip.ca	
Needhelpnow.ca (help for youth whose sexual images have been shared online)	Needhelpnow.ca	
Missingkids.ca (Report a tip or sighting of a missing child)	Missingkids.ca	
Hope for Wellness Help Line for First Nations and Inuit	1-855-242-3310	
CAF Members Assistance Program (Service for adults, cadets, and JCRs)	1-800-268-7708	
CAF Sexual Misconduct Center (CAF Members only)	1-844-750-1648	
Local Suicide Intervention Agency		
Psychiatric Clinic		
Child Abuse Hotline		
Domestic Violence (Intimate Partner) Hotline		
Sexual Assault Center		
Community Youth Services		
Community Nurse/Community Health Outreach		
Addiction Services/Substance Abuse Agency		
LGBTQ2+ community support		

Resource	Contact Information	Contact Person (if applicable)
Youth Mental Health Services		
Adult Mental Health Services		
Crisis (Distress) Center		
Emergency Shelter		
Youth Shelter		
Medical Clinic		
Sexual Health Clinic		
Alcoholics/Narcotics Anonymous		
Mental Health Association		
Legal Aid		
Community Center		
Community resources hotline (i.e., 211, 311, etc.)		
Spiritual Health Support/Chaplain		
Zone Training Officer		
Officer Commanding of Area		

Resource	Contact Information	Contact Person (if applicable)
RCSU		