



**Peer Referral Program - All members**

24-hour telephone service, 365 days a year for:

**Confidential Peer Referral Agent Numbers:**

902-233-6804

902-240-7536

**For immediate support and/or a referral to a trained mental health professional.**

902-240-7536

Homewood Health

## Employee and Family Assistance Program

Counseling • Coaching • Support

# 1.800.663.1142

**Numéro sans frais - en français :** 1.866.398.9505

**International (Call Collect):** 604.689.1717

**TTY:** 1.888.384.1152

[homeweb.ca](http://homeweb.ca)



### **Homewood Health EFAP - Non-IAFF employees**

Non-IAFF employees, volunteers and family members

902.466.3327

1.800.663.1142.

A natural disaster support pamphlet is also available.

[Homeweb](http://homeweb.ca)

Homewood services will be available for all HRFE members (IAFF members included) until September 1, 2023.

Document

[Homewood - Experiencing a Community-Based Natural Disaster.pdf](#)

Document

[Lifelines Issue 4 - When you Fear the Unknown - Coping with Uncertainty- April 2023.pdf](#)

Document

[Experiencing a Traumatic Event - Recovery and Coping Strategies.pdf](#)



**Provincial Mental Health and Addictions Crisis Line**

toll-free 1-888-429-8167.

[Nova Scotia Mental Health and Addictions \(nshealth.ca\)](http://nshealth.ca)



## **Helping Our Heroes**

### **Wraparound Supports for Frontline Workers & Loved Ones**

The Tema Foundation and Emera have partnered together to launch ***Helping Our Heroes***. This initiative offers support to frontline workers who are contributing to the Nova Scotia wildfires response.

This complimentary support will include:

- **Meals:** Gift cards or meal delivery for frontline workers and their families

- **Entertainment:** Movies, gift certificates or games for families who are displaced or in need of some extra cheer
- **Short-term Crisis Counselling:** Connect with a licensed counsellor to have an opportunity to debrief, learn some additional coping strategies and resilience-building techniques to help you continue to navigate through and recover from this crisis



### **Lifemark Tantallon or Saint Margaret's Bay Center**

Drop in Center- over the next 2 weeks **free of charge.**

- Physiotherapist - screening assessments and education

- Massage therapist –services to reduce tension, muscular soreness and relaxation.



## **Lifemark**

Supervisor or Self referral (Volunteer or Employed Fire Fighter) – referrals can be accepted via [halifaxfire@lifemark.ca](mailto:halifaxfire@lifemark.ca) requesting a physiotherapy assessment.

Information needed: Name, injury or issue

This is not a free service. It will be billed through WCB or insurer.



# cbi HEALTH

## **CBI Health Group**

Offering care in the following fields:

- Physiotherapy
- Chiropractic
- Massage


**Scheduling:** To ensure you are provided with the most convenient time and location for your appointment please contact us at:

Phone: 902-329-1794

[Canadian Rehabilitation & Home Health Services | CBI Health](#)

Document

[CBI.pdf](#)

 Government of Canada    Gouvernement du Canada

Canada 

[Learn about PTSD - Veterans Affairs Canada](#)

Document

[PTSD - Info.pdf](#)





[Nova Scotia First Responders' Mental Health | Share It Don't Wear It  
\(firstrespondersmentalhealthns.com\)](http://firstrespondersmentalhealthns.com)

## **NS FIRST RESPONDERS' MENTAL HEALTH**

[Mental Health Resources for First Responders: Tools, Materials  
\(firstrespondersmentalhealthns.com\)](https://firstrespondersmentalhealthns.com)

[Find Support or Resources - PSP Mental Health Resources](#)

[Home - IAFF](#)

[PSPNET | Home](#)



## [BOS Online - Wayfound](#)

Document

[BOS Online Batch Upload Tutorial .pdf](#)

Document

[How to Access your Before Operational Stress \(BOS\) Program Course.pdf](#)



[PSPNET | For PSP](#)

[PSPNET | For Families of PSP](#)



[Program - Resilient Minds \(cmha.ca\)](http://cmha.ca)



[The Working Mind First Responders - Mental Health Commission of Canada](#)



[Wounded Warriors Canada | National Mental Health Service Provider](#)



[PTSD | The Valhalla Project Niagara | Canada](#)