

You are not alone Pocket Support Card

November 2025



EMERGENCY SERVICES

Emergency ^{EN FR}	911
Suicide Crisis Helpline ^{EN FR}	988
Community Services ^{EN FR}	211
Base Operator ^{EN FR}	705-424-1200
MIR Hotline (HEAL)*	4325
Mental Health/Social Worker*	3523 / 7869
Base Duty Officer (after hrs)*	2445
Duty chaplain (after hrs)*	2445
Fire (non-emergency)*	2671
Military Police Victim Services*	2241
Dental (after hours)*	705-790-5866

CAF SERVICES

CF Member Assistance Program ^{EN FR}	1-800-268-7708
Employee Assistance Program*	3774
Sexual Misconduct Response Centre ^{EN FR}	1-844-750-1648

^{EN} Services in English. ^{FR} Services in French. * Bilingual services provided upon request

ONTARIO HELP

Ontario Telehealth ^{EN FR}	811
Ontario Poison Centre ^{EN FR}	1-800-268-9017
Mental Health Crisis Line ^{EN}	705-728-5044 1-888-893-8333
Women & Children's Shelter (Barrie) ^{EN}	1-800-461-1716
My Sister's Place (Alliston)	705-435-3835 ^{EN} 705-435-9400 ^{FR}
Huron Transition Homes ^{EN FR}	705-737-2008
LGBTQ2S+ Hotline (Youth) ^{EN}	Text 647-694-
Ontario Provincial Police ^{EN FR}	705-329-6111
Alcoholics Anonymous ^{EN}	705-725-8682
Salvation Army Shelter (Men) ^{EN}	705-728-3737 x 230
My Friend's House, Collingwood ^{EN FR}	705-444-2511
Simcoe Muskoka Family Connexions ^{EN FR}	1-800-461-4236
New Path Youth & Family Services ^{EN FR}	705-725-7656
Stevenson Memorial Hospital, Alliston*	705-435-6281
Royal Victoria Hospital (RVH), Barrie*	705-728-9802
Addictions Crisis Line (RVH) ^{EN}	705-728-4226
Mental Health Support Services (RVH) ^{EN}	705-728-9090 Ext. 47210.
Simcoe County Sexual Assault & Rape Crisis Centre (Athena's) ^{EN FR}	1-800-987-0799
North Simcoe Victim Crisis Services ^{EN}	705-325-5578
Barrie and area Victim Crisis Assistance and Referral Services*	705-725-7025 x 2120
Colibri (services for Francophone women who have experienced or are experi-	877-797-2060
Fem'aide ^{FR}	1-877-336-2433

FrancoQueer ^{FR}	647-709-2600
La Clé (mental health services, immigration support, job searches and services for children) ^{FR}	705-529-3116
Victim Support Line ^{EN FR}	1-888-579-2888
Connex Ontario (Addictions, Gambling) ^{EN FR}	1-866-531-2600

BORDEN SERVICES (270-****)

IT / IS Help Desk ^{EN FR}	4357
Borden Family Resource Centre*	3994
Health Promotion*	7086
CF Housing Agency*	7891
Conflict & Complaint Management*	2214
Chaplain Services*	2318
Real Property Ops*	4444
Base Personnel Selection Officer*	3890
Dispute Resolution Centre*	3426
Base Ops*	1381
CF Transition Centre*	2035
Base Community Council*	3811
SISIP Financial*	705-424-2262

NATIONAL SERVICES

Suicide Crisis Helpline ^{EN FR}	9-8-8
Kids Help Phone ^{EN FR}	1-800-668-6868
Legal Aid ^{EN FR}	1-800-461-8953
Operational Stress Injury Social Support ^{EN FR}	1-800-883-6094
Family Information Line ^{EN FR}	1-800-866-4546
Children's Aid Society ^{EN FR}	1-800-718-1797
Assaulted Women's Helpline ^{EN FR}	1-866-863-0511