

# RESOURCES FOR HEALTH AND MENTAL HEALTH

- **APEX**
  - Advisory Services - [apex.gc.ca/advisory-services/](https://apex.gc.ca/advisory-services/)
  - Guides and Materials available online - [apex.gc.ca/resources/](https://apex.gc.ca/resources/)
- \* Many documents are members only
- **Your Departmental Policies/Guidelines/Forms**
- **Your Health Practitioners**
- **Employment Assistance Program**
  - 1-800-268-7708
- **Canadian Mental Health Association**
  - (416) 646-5557
  - <https://cmha.ca/>
- **PTSD Counselling Services**
  - Ottawa Centre for Resilience 1-613-714-0662
  - <https://ocfr.ca/>
- **Suicide Prevention Center**
  - 1-800-273-8255
- **Health Assessments from Health Canada**
  - [talent.tbs-sct.gc.ca/etms-sgtcs/login-eng.aspx](https://talent.tbs-sct.gc.ca/etms-sgtcs/login-eng.aspx)
- **Your Wellness Team** (if available)
- **Your Departmental Informal Conflict Management Teams**
- **Your Departmental Ombudsman's Office** (If available)