

Resources for Health and Mental Health

- **APEX**
 - [Advisory Services](#)
 - [Guides and Materials available online](#)
- **Your Departmental Policies/Guidelines/Forms**
- **Your Health Practitioners**
- **Employment Assistance Program**
 - 1-800-268-7708
- **[Canadian Mental Health Association](#)**
 - (416) 646-5557
- **[PTSD Counselling Services](#)**
 - Ottawa Centre for Resilience 1-613-714-0662
- **Suicide Prevention Center**
 - 1-800-273-8255
- **[Health Assessments from Health Canada](#)**
- **Your Wellness Team** (if service available)
- **Your Departmental Informal Conflict Management Teams**
- **Your Departmental Ombudsman's Office**