



Ways to Deal with a Crisis

Help is available—You are not alone.

- **If you need immediate assistance**
Call 911
or your local emergency telephone number.
- **Talk to your doctor,**
go to the hospital emergency department or contact a mental health facility or health clinic in your area.
- **Call the VAC Assistance Service**
1-800-268-7708
- **Search online or in your telephone book**
for a local crisis service phone number.
- **Seek/accept help from family, friends**
or community organizations.

To learn about services and supports

Call Veterans Affairs Canada 1-866-522-2122 or visit veterans.gc.ca