

YOUR MENTAL HEALTH IS OUR PRIORITY

Mental health and community connections are crucial for overall well-being. Strong social bonds can provide emotional support, reduce stress, and foster a sense of belonging, which is essential for mental resilience. When people feel connected to their community, they are more likely to seek help during difficult times and experience lower levels of loneliness and isolation. Building these connections promotes individual mental health as well as creates a supportive environment where people can thrive together.



LOCAL EMERGENCY NUMBERS

Military Police 780-840-8000 EXT 8180

CAF MAP 1-800-268-7708

22 CF Health Services 780-840-8000 EXT 8707

Mental Health Dep EXT 6823/6824

4 Wing Duty Chaplin 780-840-8000 EXT 7969

for after-hours or 780-840-8000 EXT 0

Family Information Line 1-800-866-4546

MFRCS 780-594-6006

Dragonfly Centre 1-866-300-4325

Stepping Stones Crisis Society 780-594-3353



CONTACT US

780-594-6006

4 Wing MFCRS

MENTAL HEALTH RESOURCES



RESOURCES:



FAMILY LIAISON OFFICER (FLO)

Hello, my name is Brittney Streeter, and I am the Family Liaison Officer (FLO) at the 4 Wing MFRCS. I've had the privilege of serving in this role since 2023. My primary focus is to support the well-being and mental health of our members' dependents and spouses. I provide short-term counselling, support, and intervention, using evidence-based approaches to address a variety of challenges, including adjustment issues, workplace difficulties, relationship concerns, family matters, and crisis situations. I'm here to offer guidance and support whenever you need it.



780-594-6006



FLO@4WingMFRCS.com



www.4wing-mfrcs.com

STRONGEST FAMILIES INSTITUTE (SFI)

Our evidence-based, bilingual mental health services are available for children/youth, adults, and their families when and where they need it. SFI's scientifically proven distance services improve mental health and well-being by leveraging the advantages of the best science, our highly skilled telephone coaches, and our innovative technology.

To access referral please get in touch with the FLO

FAMILY INFORMATION LINE:

If you need us, we're here. Any time. Any Reason. This is a confidential, personal, bilingual and free service offering information, support, referrals, reassurance and crisis management to the military community.

1-800-866-4546 (North America)
00-800-771-17722 (International)

CF MEMBER ASSISTANCE PROGRAM (CFMAP)

The CFMAP offers confidential, voluntary, short term counselling to assist with resolving many of today's stresses at home and in the work place. The CFMAP should not be regarded as treatment for mental illness or addictions.

1-800-268-7708

If you need assistance navigating these resources or would like a referral, please don't hesitate to reach out to the FLO at FLO@4WingMFRCS.com or call 780-594-6006. I'm here to help!

