

Life can be heavy sometimes—and you don't have to carry it alone. Whether you're checking in on yourself or a fellow veteran, this guide is here to help you find support when it's needed most. A simple message. A quick call. A quiet moment to say, "I've got your six."

## ♥ Need Support Right Now?

These trusted organizations are here for you, 24/7.  
All resources below are linked and clickable.

### Mental Health & Crisis Support

- Veterans Affairs Canada – [Talk to a professional](#)
- National Defence / CAF - [Mental Health Services](#)
- Suicide Prevention Canada - [suicideprevention.ca](http://suicideprevention.ca)

### Family & Caregiver Support

- Family Information Line (24/7 bilingual support) - [CFMWS](#)

### Financial & Housing Assistance

- [SISIP Financial Services](#)
- [VETS Canada](#) – Homeless & At-Risk Veteran Support

### Healing, Recovery & Peer Support

- [Wounded Warriors Canada](#)
- [VTN Canada](#) – Veteran Peer Support Network

Remember, your wellness journey is also our path. Whenever you feel the need, don't hesitate to connect. We're always here, eager to help.

Onward Together,

Your Friends at Recover Cann   

### ⚠ Please remember:

While we're here to support you, always lean on your doctor or clinic team for medical advice and mental health support. They are essential members of your circle of care.



[226-840-5228](tel:226-840-5228)



[www.recovercann.ca](http://www.recovercann.ca)



[support4@recovercann.ca](mailto:support4@recovercann.ca)