

IF YOU'RE HOMELESS OR IN CRISIS RIGHT NOW



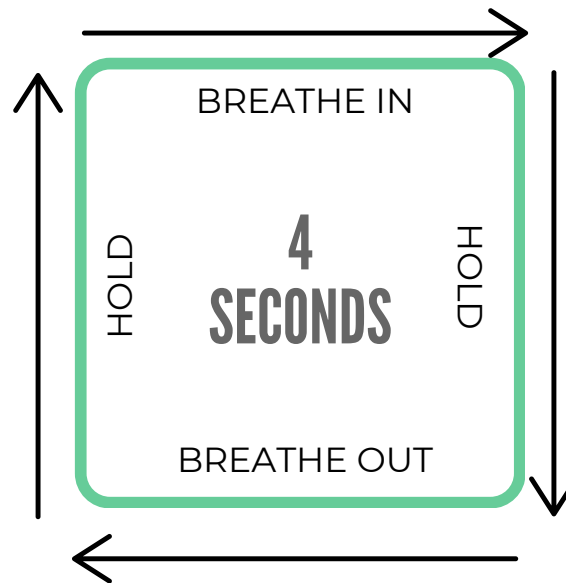
YOU'RE NOT ALONE. SUPPORT EXISTS FOR YOU.

If today feels harder than most, take a breath.

There is help — and it is for you.

BEFORE YOU REACH OUT

Try 5-10 slow breaths — in through your nose, out through your mouth.



These small pauses can help steady your mind and body.

You deserve to be heard.

VAC staff can support you better when the conversation begins from a calmer place — and taking a moment helps you get there.

You're doing something brave by reaching out.

COMMUNITY & CRISIS RESOURCES

Veterans Affairs Canada (VAC)

☎ 1-866-522-2122 (Veterans)

☎ 1-866-522-2022 (Serving members)

For mental health support, counselling, service navigation, and benefits assistance.

National Defence / CAF Member Assistance Program

☎ 1-800-268-7708

For immediate counselling, crisis support, and psychological services for serving members & families.

Family Information Line

☎ 1-800-866-4546

For 24/7 emotional support, crisis guidance, and family-specific resources.

Suicide Crisis Helpline (Canada)

☎ 9-8-8

For urgent mental health support, suicide prevention, and crisis intervention.

SISIP Financial Services

☎ 1-800-267-6681

For financial counselling, insurance guidance, and benefits-related financial support.

VETS Canada

☎ 1-888-228-3871

For emergency housing support, community outreach, and on-the-ground help for homeless Veterans.

Wounded Warriors Canada

☎ 1-888-706-4808

For trauma counselling, mental health programs, and family support services.

Veterans Transition Network (VTN)

☎ 1-844-828-2610

For group programs, trauma recovery, and counselling tailored to Veterans transitioning to civilian life.

You matter.
Your safety matters.

TOOLS FOR TOUGH DAYS

This guide was created to help you access food, shelter, financial support, and crisis care. You are not alone.

EMERGENCY FUND OVERVIEW

Veterans Emergency Fund

A fast, one-time financial support of up to \$2,500 for urgent needs.

Can help with:

- Food
- Clothing
- Shelter or safety needs
- Emergency medical or health expenses
- Unexpected crisis costs



Who can apply:

- CAF Veterans
- Spouses or common-law partners

**Must have lived in Canada 183 days this fiscal year.*

**You do not need to already receive VAC benefits to apply.*

Cold Weather Tips

If you're outside or moving between places, these small steps can help keep you safer.

- Warm your core first — chest, neck, and head lose heat quickest.
- Try to stay dry; swapping socks can make a big difference.
- Use warmers on pulse points for faster warming.
- Cover your mouth/nose to warm the air before you breathe it in.
- Eat a small snack to help your body produce warmth.
- Look for shelter from wind, even if it's not fully enclosed.

HOW TO APPLY PATH # 1 - "I HAVE ID"

Accepted ID:

- Driver's licence
- Passport
- Provincial Health Card with Photo
- CF1 Card
- Veteran's Card
- Birth Certificate
- Indian Status Card

(Expired ID is okay — it just needs to be legitimate.)

Steps:

1. Gather what you can

- Bills, notices, bank statement, Identification

2. Apply via

- My VAC Account (fastest)
- Call 1-866-522-2122
- Mail-in form

3. VAC verifies your service

- Decision in ~2 business days

4. Payment follows shortly after approval

HOW TO APPLY PATH # 2 - "I DO NOT HAVE ID"

This is common — and there is a path forward

Steps:

1. Call VAC and tell them

- "I'm a Veteran in an emergency situation and I do not have ID. I need help applying for the Veterans Emergency Fund."

Sometimes VAC may ask you to find someone to help with next steps.

This is not a denial — you still qualify.

2. Lean on Support

- * Ask someone you trust to help you advocate
- A friend, Clinic, Shelter Worker, Case Manager, Fellow Veteran, Vets Canada

3. Bring whatever you do have

- Bank statement, Military Papers, CAF Pay Stub, Anything legal document with your name on it.

4. VAC verifies your situation

- Decision usually made within ~2 business days once complete.

5. Payment follows shortly after approval

YOU ARE WORTHY OF THE SUPPORT YOU'RE SEEKING, AND THERE ARE PEOPLE READY TO HELP YOU THROUGH THIS.