

## COMMUNITY RESOURCES

Child & Family Services 1-800-465-7557

City Police (non-emergency) 613-549-4660

Addiction & Mental Health Services [www.amhs-ka.ca](http://www.amhs-ka.ca)

Kingston Frontenac Lennox & Addington  
24hr Crisis Line: 613-544-4229  
Toll free: 1-866-616-6005

Resolve Counselling Services Canada  
(previously K3C) 613-549-7850

Kingston General Hospital (KGH) 613-549-6666

KGH Sexual Assault/Family Violence Program  
613-548-2333

Kingston Interval House (24hrs) 613-546-1777

Sexual Assault Centre Kingston (24hrs) 1-877-544-6424

Telehealth Ontario 1-866-797-0000

Fem'aide 1-877-336-2433/1-877-FEM-AIDE

Victim Quick Response Program (VQRP) 613-548-4834

Revised March 2018



[www.PSPKingston.com](http://www.PSPKingston.com)



## KEY CONTACT INFORMATION



## EMERGENCY 9-1-1

211 Ontario (*Free, confidential, multilingual service for information referral to all community, government and social services*) 2-1-1

Base Operator 613-541-5010

Military Police (24hrs) 613-541-2044

Base Duty Centre/Chaplain (24hrs) 613-541-5330

RMC Officer of the Day (for 24 hr Chaplain) cell 613-453-5007

# GARRISON KINGSTON

Chaplain Services 613-541-5010 x4041

## 33 Health Services Centre:

CDU 1 613-541-5010 x5508 or x5563

CDU 2 613-541-5010 x5522 or x5564

CDU 3 613-541-5010 x3232 or x3231

CDU 4 (RMC Det) 613-541-5010 x6310 or x6994

Mental Health Reception 613-541-5010 x5776

Base Addictions Counsellor 613-541-5010 x5120

**Strengthening the Forces:** [www.pspkingston.com](http://www.pspkingston.com)

Health Promotion 613-541-5010 x3992

**Kingston Military Family Resource Centre (KMFR):**  
[www.kmfr.com](http://www.kmfr.com)

Reception 613-541-5010 x5195

KMFR Family Mental Health Services 613-541-5010 x4811

SISIP Financial Counsellor 613-547-1172

Conflict Resolution Centre (CRC) 613-541-5010 x5641

Integrated Personnel Support Centre (IPSC)  
613-541-5010 x5668

Complaint and Conflict Management Services (CCMS)  
613-541-5010 x4904

OSISS Peer Support Coordinator 613-541-5010 x4393

OSISS Family Peer Support Coordinator 613-541-5010 x8365

Base Personnel Selection Services (BPSS)  
613-541-5010 x8063

Veterans Affairs Canada English: 1-866-522-2122

CF Member Assistance Program 1-800-268-7708  
(24hrs, free and confidential counselling services)

Sexual Misconduct Response Centre 1-844-750-1648  
[www.forces.gc.ca/en/caf-community-support-services/sexual-misconduct-response-centre.page](http://www.forces.gc.ca/en/caf-community-support-services/sexual-misconduct-response-centre.page)

Family Information Line 1-800-866-4546

Employee Assistance Program 1-800-268-7708

NPF Employee and Family Assistance Program  
(24hrs) 1-800-387-4765

# ROYAL MILITARY COLLEGE OF CANADA

CDU 4 (RMC Det) 613-541-5010 x6310 or x6994

RMC Chaplaincy  
613-541-5010 x6018, x6204, x4094, x6284

RMC Officer of the Day cell 613-453-5007  
and 613-541-5010 x 8351 (O)