



# 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](https://veterans.gc.ca)