

To learn more about the program, or to register:



VISIT
IMPROVINGVETERANSWELLNESS.CA



SEND AN E-MAIL TO
INFO@IMPROVINGVETERANSWELLNESS.CA
OR
INFO@MDSC.CA



PHONE 613-921-5565



Supporting Veterans & Their Family Members

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One-on-One Phone Calls
Peer Support Training*
Mental Health Resources

* This portion of the program ended fall 2024



Mood Disorders Society of Canada
Société pour les troubles de l'humeur du Canada



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MDSC strives to collaborate and partner with organizations to provide supports, resources and knowledge for Canadians to live fulfilling and enjoyable lives.

Visit mdsc.ca for mental health resources, programs and tools to support your wellness.



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Veterans Affairs Canada
Anciens Combattants Canada



The opinions and interpretations in this publication are those of the author and do not necessarily reflect those of the Government of Canada.

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About the Program

It is well known that social engagement and connecting to others improves our sense of overall well-being. Throughout our lives we may go through a time of not feeling connected.

This program has three options to help Veterans and their family members if they experience this issue.



1 Companionship Phone Calls

Veterans and/or their family members can connect and engage in one-on-one phone calls, speaking informally with a caring person.

Companionship calls offer safe, private and trust-based conversations. Share your thoughts and feelings or discuss everyday events. Connect with our companionship call volunteers or with a Veteran peer.

Program Partner



MDSC's Peer and Trauma Support Systems (PATSS) is an international peer support guidance and training program developed in Canada.

The training is available in English and French. The program also offers peer support training to the 2SLGBTQ+ community.

Learn more about PATSS by visiting peersupport.mdsc.ca.

2 Peer Support Training*

Veterans and family members who express an interest in our virtual peer support training will be connected with the Peer and Trauma Support Services (PATSS) team. We have regularly scheduled training dates available should you wish to enroll in one of our programs.

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3 Mental Health Resources

Mood Disorders Society of Canada's (MDSC) extensive programs, resources, tools and supports are available through this program.



To learn more about the Improving Veterans Wellness Program, you can apply online, send an email or call. Our team will direct you to the program that suits your needs.



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