

Supporting Veterans & Their Family Members



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.

To learn more about the program, or to register:



/ISIT

IMPROVINGVETERANSWELLNESS.CA



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



PHONE 613-921-5565





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











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Veterans Affairs Canada Anciens Combattant Canada



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



Supporting Veterans & Their Family Members

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

* This portion of the program ended fall 2024

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.





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 trustbased 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**.

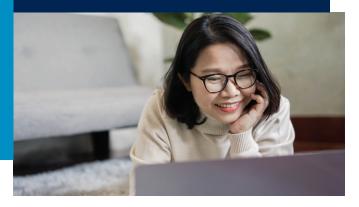
Peer Support Training*

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.

* This portion of the program ended fall 2024

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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