

SUPPORT FOR FAMILIES & THOSE LEFT BEHIND

Canadian Grief Support
Organizations

Centre for Suicide Prevention:

suicideinfo.ca – Specialized
resources for military and RCMP
veterans

Canadian Association for Suicide Prevention:

suicideprevention.ca – National
resources and support networks

Military Family Resource Centres (MFRCs):

cafconnection.ca

Canadian Armed Forces Family Support:

Contact through local
MFRC or main VAC line
1-800-268-7708



**Veterans Memorial Gardens &
Interpretive Centre,
Grande Prairie AB T8V 1Y1
veteransmemorialgardens.com**

IMMEDIATE CRISIS SUPPORT - 24/7

If you or someone you know is in immediate
danger, call 911

National Crisis Lines

- 988 Suicide Crisis Helpline: Call 988
(Available across Canada)
- Crisis Services Canada: 1-833-456-4566
(Suicide prevention and support)
- VAC Assistance Service: 1-800-268-7708
(24/7 for Veterans and families)

Talk to a Mental Health Professional
Veterans Affairs Canada: Free, short-term
psychological support available 24/7

VETERANS ASSOCIATION FOOD BANKS ALBERTA

24/7 Hotline: 1-833-422-8387

Email: info@vafb.ca

Locations:

- Calgary: #10 820 28th Street NE, Calgary, AB
- Edmonton: 18504 - 111 Ave NW, Edmonton, AB
- Lethbridge: 242 12B Street N, Lethbridge, AB
- Grande Prairie: #102, 10920-84th Ave, Grande
Prairie, AB

Find them on Facebook too.

SOLIDARITY OVER SILENCE

The Solidarity Over Silence Memorial
at Veterans Memorial Gardens &
Interpretive Centre, Grande Prairie,
features a powerful trench lamp
design symbolizing light through
darkness and our commitment to
removing stigma surrounding military
suicide.

This memorial honors brave service
members who lost personal battles
after returning home, ensuring their
sacrifice is never forgotten.

Honoring Their Stories

Inspired by Lise Charron, Canadian
Army Veterans Motorcycle Units
member and founder of the SOS
Memorial at Beechwood Cemetery,
our National Military Cemetery. Her
vision forever changed how Canadian
Armed Forces members are
remembered.

Our memorial was expertly crafted by
Kaymor Industrial Solutions of
Clairmont, AB. Through their skilled
work, this tribute serves as a lasting
beacon of hope, breaking silence
around military suicide while honoring
every story with the dignity our
veterans deserve.

It was professionally installed by JDA
of Grande Prairie, AB.

Funded by Veterans Affairs Canada
Financé par Anciens Combattants Canada

Canada

MILITARY & VETERAN SPECIFIC RESOURCES

Veterans Affairs Canada

Mental Health Portal:

veterans.gc.ca/en/mentalhealth
Comprehensive mental health resources and information hub

VAC Assistance Service:

1-800-268-7708 - Professional mental health support available 24/7 for immediate crisis support

General VAC Contact: 1-866-522-2122

Main Veterans Affairs line (Monday to Friday 8:30-4:30 local time)

Talk to a Mental Health Professional:

veterans.gc.ca/en/contact-us/talk-mental-health-professional

Canadian Armed Forces Support Military Mental Health -

Department of National Defence:

forces.gc.ca - Medical and mental health care, family support, and return-to-work programs

ROYAL CANADIAN LEGION MENTAL HEALTH SUPPORT

Mental Health & PTSD Services:

legion.ca/support-for-veterans/mental-health-ptsd - Direct help for PTSD, Operational Stress Injuries (OSI), and mental health issues

BSO Legion OSI: Peer support network providing enhanced outreach, support and referral services for Veterans and families affected by OSI

Peer Support Programs:

Veteran Peer-to-Peer Support:
Encouraging Veterans and families to connect with others in their community

Operation VetBuild:

Community-based peer support initiative

Trained Legion Service Officers:

Assist Veterans in accessing mental health care and benefits through the VAC system

Contact Information

legion.ca/support-for-veterans

Service Officers:

Available through local Legion branches

Provincial Command Officers:

Contact through regional commands
Legion.ca

ALBERTA SPECIFIC RESOURCES

Provincial Crisis Lines

Alberta Health Services Mental Health Help Line:

1-877-303-2642 (24-hour support)

24-Hour Crisis Help Line:

1-866-332-2322

Distress Centre Calgary:

403-266-4357

Crisis & Suicide Risk Assessment Edmonton:

780-482-4357

Grande Prairie Mental Health Services

Aberdeen Centre - Addiction & Mental Health: 780-833-4323

Address: 9728 101 Avenue, Grande Prairie, AB T8V 5B6

Walk-in counselling available

Child & Youth Mental Health:

780-538-5162

Address: Nordic Court, 10014 99 St, Grande Prairie, AB

ICAT Intake (Immediate Crisis Assessment Team): 587-259-5513

Grande Prairie Regional Hospital Emergency Psychiatry: 825-412-4000