



Cambridge Professional Fire Fighters' Association Local 499  
11 Tannery Street East – Cambridge, Ontario N3C 2C1  
*Affiliated with the IAFF, OPFFA, & CLC*



## **Mental Health Resources for CPFFA Members**

**April 2020**

Please see listed below several resources and supports that may be helpful for anyone that would like to speak to someone for mental health support.

### **Cambridge Professional Fire Fighters Peer Support Team Critical Incident Stress Management (CISM)**

To obtain list of Peer Support team member listing:

Contact [secretaryholman@cambridgefirefighters.com](mailto:secretaryholman@cambridgefirefighters.com) 519-658-7604

### **Employee and Family Assistance Program (EFAP) – Homewood Health**

1-800-663-1142

Also from Homewood Health,

Phil Hartigan (Clinical Manager – Crisis Management Services)

1-800-265-8310

519-579-6822

[phartigan@homewoodhealth.com](mailto:phartigan@homewoodhealth.com)

Phil was at station #1 for four days to speak with member immediately after Gene passed away. Phil may be able to direct you to suitable or alternative resources if needed.



Cambridge Professional Fire Fighters' Association Local 499  
11 Tannery Street East – Cambridge, Ontario N3C 2C1  
*Affiliated with the IAFF, OPFFA, & CLC*



### **Kitchener Fire Department (CISM) Team Members**

To obtain list of Peer Support team member listing:

Contact [secretaryholman@cambridgefirefighters.com](mailto:secretaryholman@cambridgefirefighters.com) 519-658-7604

### **Lee Horton-Carter Counseling Services**

<http://www.leehortoncarter.ca>

519-570-9163

[leehortoncarter@gmail.com](mailto:leehortoncarter@gmail.com)

Lee is a licensed therapist that specializes in PTSD and Critical Incident Stress Debriefing. Lee comes highly recommended from other local CISM team members. The CPFFA has a very limited benefit for this service so there may be an out of pocket cost.

### **Local Registered Social Workers and Psychotherapists**

<https://therapists.psychologytoday.com/rms/state/ON/Cambridge.html>

This list will provide several other options for counseling and/or therapy. There may be a cost involved, as the CPFFA benefit is very limited.

The above list is intended to provide some further options for mental health support. If you have questions or if you have had a positive experience with other mental health supports and you think it would be beneficial to all of our members then drop me an email and will circulate that information.