

Intimate Relationships Continuum.

Why Seeking Support is Helpful and Resources Available



All of the online resources listed below are available at [CFMWS.ca/healthyrelationships](https://cfmws.ca/healthyrelationships)

HEALTHY

Why seek support in this zone?

- Guide self-reflection and dialogue between partners and with family members on how healthy their relationship is and ways to improve upon it.
- Preserve and improve interpersonal and communication skills.
- Learn how to support colleagues, friends or relatives who may be in abusive relationships.

STRUGGLING

Why seek support in this zone?

- Help restore balance to the relationship.
- Recognize, appreciate and align each other's feelings, needs and goals.
- Improve parental, interpersonal and communication skills.
- Referrals to resources and services.

Resources you can turn to.

- Health Promotion workshops, such as:
 - Inter-Comm.
 - Stress: Take Charge.
 - Managing Angry Moments.
 - Mental Fitness and Suicide Awareness Training.
 - Respect in the CAF.

UNHEALTHY

Why seek support in this zone?

- Help shift unhealthy dynamics in the relationship.
- Prevent the relationship from becoming abusive.
- Receive emotional support.
- Gain new tools, strategies or perspectives to manage challenges.

Resources you can turn to.

- Online Course Supporting Friends in Unhealthy Relationships.
- Emergency Family Care Assistance Policy.
- Support our Troops.
- Operational Trauma and Stress Support Centres.
- Operational Stress Injury Social Support.
- CAF Transition Group.

ABUSIVE

Why seek support in this zone?

- Break isolation, revive self-esteem, and increase sense of self-efficacy.
- Access specialized resources such as shelters, judicial advice, emotional support, financial aid, etc.
- Help protect physical safety and develop a safety plan.

Resources you can turn to.

- 911 / 112
- Military Police.
- Sexual Misconduct Support and Resource Centre (SMSRC).
- Medical clinic/hospital (military or civilian).
- Family Information Line to help find shelter, legal advice, financial aid, etc.

Additional resources for all relationships.

- **Healthy Relationship Campaign**
- **Family Information Line** 1-800-866-4546/FIL-LIF@cfmws.com/00-800-771-17722
- **Chaplains/Padres**
- **Social Workers** Military Family Resource Centre, CAF Health Services

- **Canadian Forces Member Assistance Program** 1-800-268-7708/+8002687708
- **CAFKIDS Crisis Text Service** 686868
- **SISIP Financial**
- **Public Service Health Care Plan** 519-742-1691