

Emergency Services	Contact Information
33 Health Services Center –CDU3 [Monday to Friday 7:30 a.m. to 4:30 p.m. (EST)]	613-541-5010 x 3232 or for emergency: x 5330
Ambulance (24/7)	613-544-5555
Emergency (24/7)	911
Kingston Police (24/7)	613-549-4660
Military Police (24/7)	613-541-5648
Support Services	Contact Information
Your Supervisor / Chain of Command	
33 Health Services Centre - RMC Det M-F Sick Parade - 0700-0930 M-F Booked appts - 1000-1800 hrs Saturday booked appts - 1000-1400	613-541-5010 x 6310 or 6994
Canadian Armed Forces Sexual Misconduct Response Centre, Hours: 24/7	1-844-750-1648 Call collect: 613-996-3900 DND.SMRC-CIIS.MDN@forces.gc.ca
CFB Kingston Mental Health Services	613-541-5010 x 5776
Chaplains and 24/7 Duty Chaplain	613-541-6000 x 6284 or x 6204 Duty Chaplain: 613-541-5330 (please specify if you are at RMC)
DND/CAF Ombudsman <i>A direct source of information, referral and education</i>	1-888-828-3626 / ombudsman-communications@forces.gc.ca
Family Information Line (24/7) <i>Confidential, supportive counselling can connect a caller with helpful national and local resources</i>	1-800-866-4546
Integrated Personnel Support Center (IPSC)	613-541-5010 x 5668
Member / Employee Assistance Program (MAP/EAP) (24/7) <i>Confidential short-term professional counselling service</i>	1-800-268-7708
Military Family Resource Centre <i>Support & intervention</i>	613-541-5010 x 5195 or x 3296
NPF Employee and Family Assistance Program	1-800-387-4765
Workplace Relation Advisors (WRA)	List of WRAs available on College intranet: http://intranet.rmc.ca/administration/hpr-prh/wra-crct_e.html
Support - Community Resources	Contact Information

Annex B to CSO 5019-1

Frontenac Community Mental Health Services Crisis line (24/7)	613-544-4229 or 1-866-616-6005
Kingston General Hospital (KGH) (24/7)	613-548-3232 or for emergency: 613-548-2333
<u>KGH Sexual Assault/Domestic Violence Program</u> (24/7)	613-549-6666 x 4880
<u>Sexual Assault Centre Kingston</u> (24/7) <i>Crisis and support line</i>	613-544-6424 1-877-544-6424
On-campus Reporting Options	Contact Information
Your Supervisor / Chain of Command / any member of the Canadian Armed Forces	
Campus Security Control Center (SCC) (24/7)	613-541-6000 x 6666 x6209 Gate House
RMC Duty Watch (24/7)	Officer of the Day (OOD): 613-453-5007 Duty Field Officer (DFO): 613-483-9475 Duty Watch Room: 8351
RMC Security Advisor	613-541-6000 x 6462