

2021

Operational Stress Injury Clinic



What is an Operational Stress Injury (OSI)?


OSI describes any persistent (does not go away) psychological difficulty resulting from operational or service-related duties.

Common OSIs include, but are not limited to:

- › Post-Traumatic Stress Disorder (PTSD)
- › Mood Disorders
- › Anxiety Disorders
- › Substance Use Disorders
- › Other conditions that may interfere with daily functioning

About the clinic

The OSI clinic has an interdisciplinary team of health professionals within Nova Scotia Health Authority (NSHA) and serves clients across the province. The clinic also belongs to a national network of OSI clinics funded by Veterans Affairs Canada (VAC).



The OSI clinic provides mental health services to clients of Veterans Affairs Canada, the Canadian Armed Forces (CAF) and the Royal Canadian Mounted Police (RCMP). Eligibility for services is determined by these referring organizations.

OSI clinic services

- Comprehensive assessment of Operational Stress Injuries
- Evidence-based treatments including specialized individual therapy, group therapy, and pharmacotherapy (medication)
- Family support and education

Phone or virtual appointments

If you are not able to travel to the OSI clinic, you can connect with our health care providers by:

- › TeleHealth (by phone)
- › Video conferencing (online)

We also provide virtual individual and group therapy options online.

Referrals

A referral to the OSI clinic is required from either VAC, CAF or the RCMP. We are unable to accept self referrals. To obtain a referral:

- Veterans and their families can contact their Case Manager directly or call toll-free **1-866-522-2122** (English) or **1-866-522-2022** (French)
- CAF members can contact their base medical professional
- RCMP personnel can contact RCMP Health Services

Resources

- **VAC Assistance Service** offers toll-free 24-hour counselling with a mental health professional: **1-800-268-7708**
 - The **Operational Stress Injury Social Support (OSISS) Program** provides toll-free confidential peer/family support: **1-800-883-6094**
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- The **Support for Operational Stress Injury (SOSI) Program** supports veterans and current employees of the RCMP having trouble with daily functioning as a result of their service.
 - › Email: **RCMP.SOSI-SBSO.GRC@rcmp-grc.gc.ca**
- **OSI Connect** is a free mental health learning and self-management mobile app. For more information or to download, visit: **www.veterans.gc.ca**

Emergencies

The OSI clinic does not provide emergency services. If you are in crisis or need assistance for a mental health concern right away, call the **Mental Health Mobile Crisis Team** toll-free at **1-888-429-8167** or go to the nearest Emergency Department.

Contact

100 Eileen Stubbs Avenue
Suite 210

Dartmouth, NS B3B 1Y6

- › Phone: 902-460-6225
- › Toll-free: 1-844-403-7963
- › Fax: 902-465-7684

3 Detheridge Drive
Sydney, NS B1L 1B8

- › Phone: 902-574-2167
- › Fax: 902-539-0829

Hours:

- › Monday to Friday,
8:30 a.m. to 4:30 p.m.

Website:

- › <https://bit.ly/OSIClinic>

Prepared by: OSI Clinic

Designed by: Nova Scotia Health Library Services

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The information in this pamphlet is to be updated every 3 years or as needed.