

Operational Stress Injury Clinic



What is an operational stress injury (OSI)?

OSI is a term used to describe any persistent psychological difficulty resulting from operational or service-related duties. Individuals with an OSI may experience various problems, such as flashbacks, sleep disturbance, anxiety, depression, grief, or anger.

Common types of OSI

- Post-traumatic Stress Disorder (PTSD)
- Other Anxiety Disorders
- Mood Disorders
- Substance Use Disorders

OSI Clinic Services

- Specialized assessment
- Comprehensive evidence-based treatment, including
 - › Individual psychotherapy
 - › Couples, family, and group therapies
 - › Medication treatment
- Health education and counselling
- Networking and TeleHealth services
- Research

How can the OSI Clinic help?

The OSI Clinic provides mental health services to the clients of Veterans Affairs Canada (VAC), eligible members of the Canadian Forces (CF), and RCMP who have an OSI and to their families.

The OSI Clinic has a team of Psychiatrists, Psychologists, Registered Nurses and Social Workers. Together, the team works with clients to:

- Identify the OSI and understand how it affects the client's life and well-being.
- Develop a treatment plan that includes circle of care (e.g. family).
- Ensure continuity between services of the OSI Clinic and those provided in the community.
- Connect and collaborate with community providers, VAC, CF, and RCMP.


TeleHealth

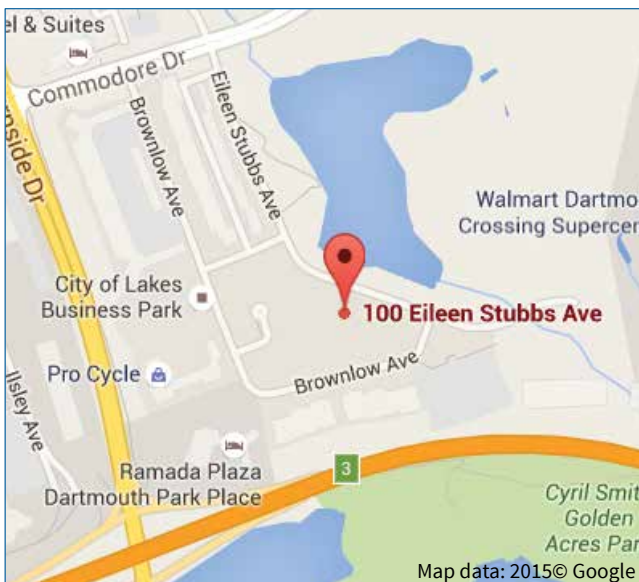
- Video conferencing is available to those who live outside the OSI Clinic area.
- TeleHealth allows accessibility to services offered at the OSI Clinic without having to travel outside of your region.

Information and referrals

- Veterans and their families can contact VAC at:
 - › 1-866-522-2122 (English) or 1-866-522-2022 (French)
- CF members can contact their Base Medical Officer
- RCMP personnel can contact an RCMP medical doctor

The OSI Clinic is part of the Nova Scotia Health Authority (NSHA) and serves clients around the province. The Clinic also belongs to a national network of OSI clinics funded by Veterans' Affairs Canada.





100 Eileen Stubbs Avenue, Suite 210

Dartmouth, NS B3B 1Y6

Telephone: 902-460-6225

Toll-free: 1-844-403-7963

Fax: 902-465-7684

www.nshealth.ca

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



Helpful Resources

- **The Operational Stress Injury Social Support (OSISS) Program** provides confidential peer/social support: visit www.osiss.ca or call 1-800-883-6094
- **VAC Assistance Service**, 24 hours a day, 365 days a year. This is not an emergency service but it will allow you to talk right away to someone who knows how to listen; call 1-800-268-7708
- **OSI Connect** - download this free app or access on the web through www.veterans.gc.ca
- **Your family doctor**
- **Call 211** for information about other community services

Emergencies

The NS OSI Clinic is not equipped to address emergency situations. If you need immediate assistance for a mental health concern, please call the **Mental Health Mobile Crisis Team** toll free at 1-888-429-8167 or go to your nearest hospital Emergency Department.

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