

- whether at post or at headquarters, you have the right to contact the Departmental Employee Assistance Programme; spouses and dependants may use this service directly
tel: (613) 992-6167 (Coordinator)

- the Posting Centre offers Educational and Spousal Employment counselling and can refer you to Departmental or community resources in Ottawa-Hull
tel: (613) 995-9386 (Head); Fax (613) 995-9335
tel: (613) 995-9751 (Spousal & Community Services)

- whether or not you are a member of the Foreign Service Community Association, you may contact the office for information on resources available to you; any inquiry directed to them will be handled with complete confidentiality
tel: (613) 944-2957 (Office Coordinator)

- spouses and dependants of PAFSO members may contact that association for information and guidance on resources open to them
tel: (613) 241-1391; Fax (613) 241-4018

- ask others in whom you have trust, or who have coped with similar problems

At Headquarters

In addition to Departmental resources listed above:

- the Community Information Centre, has information on all support services in the Ottawa area (260 St. Patrick St, Ottawa, (613) 241-7606)

- Tel-Aide Outaouais provides assistance by telephone (613) 741-6433

- your local Community Centre bulletin board has many services posted; some Community Centres offer counselling services