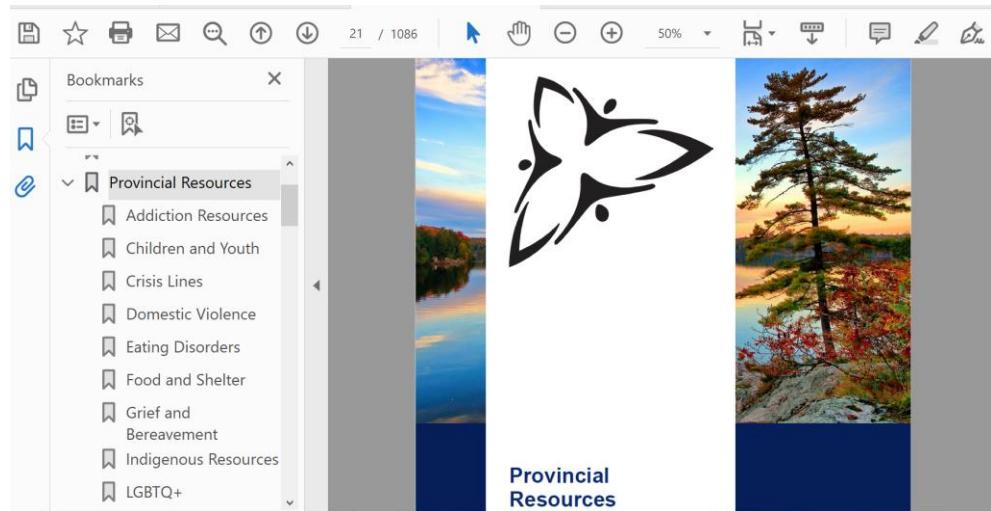


How to Navigate the OAPC Resource Guide

Once you have opened the Resource Guide, click on the bookmark link. Here you will find all 56 Provincial Paramedic Organizations, Community-based Resources, fitness Apps, i-CBT resources and Mobile Apps listed on the left hand side. Once you are on the bookmark link, click on the arrow > beside the chosen Paramedic Organization to access the drop down menu of resource categories. You can then select the category and be directed to that page.



If you have selected a resource category with limited or no resources in that region, you will be redirected by hyperlinks to the Provincial resources or the next geographical area that has the resources you are looking for.

Crisis Lines

Community Assistance Program (CAP)
CAP can be accessed for citizens of the Anishinabek Nation.
Crisis Line (TF): 1-800-663-1142 (24/7)
TTY: 1-888-384-1152
<http://www.nfn.ca>

See [Provincial Resources](#)

See [Simcoe County](#) for crisis resources near Beausoleil First Nation