

WHAT ARE

OPERATIONAL STRESS INJURIES

Operational Stress Injuries (OSIs) are defined by The Royal Ottawa Mental Health Centre as “any persistent psychological difficulty resulting from duties performed while serving in the Canadian Armed Forces or as a member of the Royal Canadian Mounted Police.”

Difficulties may occur during combat duties, after serving in a warzone or in peacekeeping missions. Problems may also arise following other traumatic or serious events not specific to combat such as domestic operations, disaster relief, aid to civil power, sexual assault or harassment etc. OSIs often present as Post Traumatic Stress Disorder (PTSD), Moral Injury, other anxiety disorders, depression, substance use disorders and other conditions that may interfere with daily functioning.

About one-fifth of Canadian Veterans experience a diagnosed mental health disorder at some time during their lives.

The Legion can help.



HELPING VETERANS

The Royal Canadian Legion is committed to ensuring Veterans and their families have access to the care and support they need.

Each year the Legion's Veterans Services Network helps thousands of Veterans with all stages of the Veterans Affairs Canada disability claim process. The Legion offers programs and supports for mental health, homelessness, financial assistance, transitioning to civilian life, support for families, and more, always free of charge, Legion member or not.

Our over 1350 Branches across the country provide direct support, assistance and benevolent funding to local Veterans and their families in need, and refer those requiring additional or specialized support to their Legion Command Service Officer.

LEARN MORE AT

www.legion.ca



THE ROYAL CANADIAN LEGION OPERATIONAL STRESS INJURY SPECIAL SECTION



Connecting Veterans,
Families and Resources
to Support and Overcome
Operational Stress Injuries

Legion 
BSO  **OSI**



HOW WE HELP

BSO Legion OSI (The Royal Canadian Legion Operational Stress Injury Special Section) is a national, member-driven initiative that provides outreach, peer-support, and referral services for Veterans and their families who are affected by operational stress injuries including anxiety, depression, addictions, PTSD or other mental health difficulties.

Through our members and our extensive network, we:

- outreach in the community to help identify Veterans in need
- offer peer support opportunities, connecting Veterans with others who have been impacted by OSIs
- refer those affected by OSIs to local and national supports and services, including Legion Branch and Command Service Officers, local mental health organizations, local community resources, Veterans Affairs Canada, national Veteran support organizations such as OSSIS, Soldier On, VETS Canada, and the Veterans Transition Network, and many other programs and services
- help dispel the stigma around mental injuries and illness and support all Veterans in getting the help they need and deserve

HELP FOR

VETERANS AND THEIR FAMILIES

If you are a Veteran or family of a Veteran affected by an operational stress injury or mental health issue, the Legion can help. Although we cannot assist directly in the specialized area of mental health, BSO Legion OSI and the Legion Service Officer Network helps Veterans access the supports and services they need. The BSO Legion OSI peer-support network, most whom have been impacted by OSIs themselves, offer Veterans and their families an additional source of support and understanding.

TESTIMONIAL: *"The Legion OSI Section arranged for Mental Health First Aid training that not only helped me to help others, but also helped me to identify and understand some of my own mental health challenges and seek professional help." ~ Tony*

TESTIMONIAL: *"The OSI Section has helped me to become more sure of myself. I'm grateful for their help. I'm alive again. Thanks." ~ Don*

IMMEDIATE ASSISTANCE

- For an emergency or crisis situation, **call 911**
- Call the VAC/DND crisis help line 24/7 at **1-800-268-7708**

LOCAL LEGION SUPPORTS AND SERVICES

Visit your local Legion Branch and speak with a Branch Service Officer or BSO Legion OSI Representative.

- Find your nearest branch at **www.legion.ca/find-a-branch**
- Contact BSO Legion OSI at: **membership.bso.osi@gmail.com**

Visit **www.legion.ca/support-for-veterans** for information on Legion services for Veterans and their families.

SUPPORT BSO LEGION OSI

The work of BSO Legion OSI would not be possible without Legion members. Legion members who join BSO Legion OSI are Veterans or are direct family members of Veterans affected by OSIs. Our members provide a network of volunteers across the country and are the boots-on-the-ground that help the Legion outreach to Veterans and refer them to services and supports they need.

BSO Legion OSI also is grateful to have the support of corporate and individual sponsors who are critical in helping the Legion deliver programs and services.

For more information on how you can join BSO Legion OSI to support our mandate, or how your organization can support our efforts, please contact us at membership.bso.osi@gmail.com.

Thank you for supporting Canada's Veterans and their families.

