

For Immediate Release

Tuesday, March 30th, 2021

DIGITAL MENTAL HEALTH SUPPORT FOR MILITARY YOUTH AND ADULTS

Halifax, NS— Tuesday, March 30th, 2021 — Halifax & Region Military Family Resource Centre (H&R MFRC)

Approximately 10,000 military families experience a relocation each year. This often means an interruption in health services, including psychological services. Adjusting to their loved one's illness or injury, or their absence due to a deployment or other work-related separation can also be tough, making access to mental health services especially important for military families.

Tranquility Online, a Halifax-based digital mental health company, has developed an online platform that offers clients 24/7 access to mental health support. Using Cognitive Behavioural Therapy (CBT), clients learn essential and transferable skills to help effectively manage anxiety and/or depression. Tranquility combines self-directed work with behavioural health coaching to give individuals the flexibility they want and the support they need to better manage their mental health challenges anywhere in the world.

Shelley Hopkins, executive director at the H&R MFRC says: "We make it a practice to identify gaps in community supports and to address them as best we can to serve military families." Hopkins continues, "Tranquility Online provides a service that meets an identified need and delivers it virtually, which supports the military lifestyle: no matter where youth may be posted, this online program can move with them."

Thanks to the generous financial support of Lockheed Martin, Tranquility is available at no cost for military family members aged 16 and older. In addition to Tranquility Online, the H&R MFRC's Mental Health & Well-Being Team, made up of four Registered Social Workers (RSW), offers military families resources, such as emergency child care, financial resources, and short-term accommodations, as well as services like no-cost counselling support and connecting families to local community supports, like Tranquility Online. All services are confidential with little wait times.

To access Tranquility at no cost and to find out about all mental health & well-being services offered by the H&R MFRC, please call 902-427-7788 and ask to speak with Intake & Caseload Coordinator or visit www.halifaxmfr.ca.

About the H&R MFRC: Since 1986, the H&R MFRC has had a rich history of supporting military families. A provincially registered charity and governed by military family members that works in partnership with the Canadian Armed Forces (CAF) and Military Family Services (MFS), it delivers customized programs and services to Regular Force, Reservists, Veterans, and their families within the Halifax and region, Shearwater, and Central and Northern Nova Scotia, including Cape Breton.

For more information, press only:

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More

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SHEARWATER SITE
30 Provider Road, SH 14
Shearwater, NS B0J 3A0
Tel: 902-720-1885

CAPE BRETON SITE
1 Desbarres St, Victoria Park
Sydney, NS B1P 6Z2
Tel: 902-563-7100 ext 7107

For more information on Tranquility Online:

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More information (resources)

Manser, L. (2018). State of Military Families in Canada: Issues Facing Regular Force Members and Their Families. Ottawa, ON: Canadian Forces Morale and Welfare Services.

Rowan-Legg, A. (2017). Caring for children and youth from Canadian military families: Special considerations, *Paediatrics & Child Health*, Volume 22, Issue 2, 1 May 2017, Pages e1–e6, <https://doi.org/10.1093/pch/pxx021>