

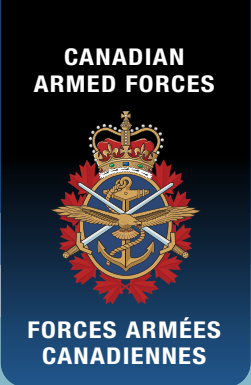


National
Defence

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CHIEF OF MILITARY PERSONNEL

CANADIAN FORCES HEALTH SERVICES



iCare for CAF

A CALL TO ACTION FOR A CONNECTED, SUPPORTED AND READY FORCE



iCARE FOR MYSELF:
so that I am a healthy, ready member

iCARE FOR OTHERS:
so that they feel included and supported

iCARE FOR MY TEAM:
so that as a leader, I foster a safe,
supportive and healthy
environment

i **IDENTIFY:** being aware of self and others to recognize when something is different.



C **CONNECT:** create meaningful, supportive connections.



a **ATTEND TO:** acknowledge struggles and offer to help.



r **RESPECT AND RESPOND:** honour safety and boundaries when supporting.



e **ESTABLISH SUPPORT:** offer appropriate and helpful steps based on the situation.



STRENGTHENING THE **FORCES** ÉNERGISER LES **FORCES**

#STF is the CAF/DND's health promotion program, offering expert information, guidance, training, tools, and leadership support to enhance CAF members' health and well-being.



PSP delivers the Strengthening the Forces program on bases and wings. Contact your local Health Promotion Office to register for Social Wellness Courses.