

PEI HELPING TREE

The PEI Helping Tree is designed to inform Islanders of the many helping resources available on Prince Edward Island. If you or someone you care about is experiencing a problem in any of the areas listed, follow the flowchart to find resources that may help. There are times in everyone's lives when we need to reach out for help—sometimes it's just a matter of knowing who to contact. Please note: Unless indicated, dial 902 for all local calls.

If you are still uncertain of where to turn, call the Island Helpline at 1-800-218-2885 or 211 PEI (Toll free 24/7). EMERGENCY 9-1-1

▼ Addictions	▼ Mental Health	▼ Help For Families	▼ Physical Health	▼ Sexual & Reproductive Health	▼ Seniors	▼ Grief & End of Life Care	▼ Crisis & Helplines	▼ Violence & Sexual Assault	▼ Financial	▼ Legal Issues	▼ Employment & Career	▼ Housing & Hunger
Family Doctor / 811 (Medical Info) / 211 (Community Info) / School Counsellor / Student Well-Being Teams / Campus Student Services / Employee Assistance Program / Faith Leaders												
<div><div>Mental Health and Addictions Phone Line & Mobile Mental Health Crisis Services</div><div>Toll Free 24/7 1-833-553-6983</div></div> <div><div>Addictions Services</div><div>Eastern Kings 687-7110</div><div>Queens 368-4120</div><div>Southern Kings 838-0960</div><div>Summerside 888-8380</div><div>West Prince 853-0401</div><div>Youth Services 368-4273</div></div> <div><div>Mental Health & Addictions</div><div>Patient Navigator</div><div>PEI 218-3289</div><div>MHAPatientnavigator@ihis.org</div><div>Community Mental Health Sites & Walk-In Clinics (WI)</div><div>Abegweit Wellness Centre 676-3007</div><div>Lennox Island Health Centre (WI Monday) 831-2711</div><div>McGill Centre (WI Sat & Sun) 368-4911</div><div>Montague (WI Thurs) 838-0960</div><div>O'Leary Health Centre (WI Wed) 853-8670</div><div>Richmond Centre (WI Tues, Thurs, & Fri) 368-4430</div><div>Souris 687-7110</div><div>PCH Summerside (WI Mon & Wed) 888-8180</div></div> <div><div>Addictions Services</div><div>Walk-In Clinics</div><div>Mount Herbert Prov. Addictions Facility (Wed 9–12noon & Thurs from 1 - 4PM) 368-4120</div><div>Prince County Hospital (Tues from 1-4 PM & Thurs 9-12noon) 888-8380</div><div>Provincial Addiction Facility</div><div>Toll Free 24/7: 1-888-299-8399</div><div>Family Program 368-4296</div><div>Gambling Program 368-4273</div><div>Inpatient Detox 368-4048</div><div>Opiate Replacement Therapy 368-4265</div><div>Outpatient Detox 569-0524</div><div>Transition Unit 368-4765</div></div> <div><div>Alcoholics Anonymous (AA)</div><div>Charlottetown 892-2103</div><div>Call Kings C. Addiction Services 687-7110</div><div>Native Council of PEI 892-5314</div><div>Prince County 436-7721</div><div>West Prince 856-0301</div></div> <div><div>Smart Recovery PEI</div><div>www.smartrecovery.org</div><div>Charlottetown 393-7959</div><div>Summerside 303-3342</div></div> <div><div>Other Addiction Supports</div><div>Al-Anon</div><div>Toll Free: 1-888-425-2666</div><div>Gambling Helpline</div><div>Toll Free: 1-855-255-4255</div><div>Gambling Addiction Support</div><div>www.gamtalk.org</div><div>Lennon House 963-4029</div><div>Narcotics Anon Info Line (PEI)</div><div>Toll Free:1-800-205-8402</div><div>Native Council of PEI 892-5314</div><div>Open Door (Women) 628-6826</div><div>Reach Foundation 620-0000</div><div>Sexaholics Anonymous 812-5563</div><div>Smokers' Helpline</div><div>Toll Free: 1-877-513-5333</div><div>Sober and Friendly Environment</div><div>SAFE (Charlottetown)</div><div>Morning: 218-6171</div><div>Evening: 370-2015</div></div> <div><div>Extended Care Facilities</div><div>Deacon House 368-4036</div><div>Lacey House (Women) 368-4083</div><div>St. Eleanor's House 888-8386</div><div>Talbot House (Men) 368-4297</div></div>	<div><div>Family Resource Centers</div><div>CAP Enfants 854-2123</div><div>CHANCES 892-8744</div><div>Families East 687-3928</div><div>Families First 838-4600</div><div>Family Place 436-1348</div><div>Kids West Inc. 853-4066</div><div>Mi'kmaq 892-0928</div><div>Triple P Parenting</div><div>PEI Island-wide 368-6762</div><div>Strongest Families</div><div>Toll Free: 1-866-470-7111</div><div>Positive Parenting from Two Homes</div><div>Toll Free: 1-877-203-8828</div><div>Family Ties Program</div><div>Charlottetown 368-4817</div><div>Montague 838-0715</div><div>O'Leary 859-0254</div><div>Souris 687-7014</div><div>Summerside 438-4966</div><div>Family Services PEI</div><div>Charlottetown 892-2441</div><div>Summerside 436-9171</div></div> <div><div>Canadian Mental Health Association—PEI Division</div><div>Offices</div><div>Queens/Division 566-3034</div><div>Prince County 436-7399</div><div>West Prince 853-4180</div><div>Clubhouses</div><div>Fitzroy Centre 566-5111</div><div>Hope Centre 853-3871</div><div>Notre Dame Place 888-2237</div><div>Housing Programs</div><div>Housing Outreach 628-3662</div><div>My Place Housing First</div><div>Charlottetown 628-3663</div><div>Summerside 436-7399</div><div>Transitional Housing 628-3651</div><div>West Prince Housing 853-4180</div><div>Other Programs</div><div>Individual and Family Supports</div><div>Charlottetown 628-1648</div><div>Kings County 838-2489</div><div>Prince County 853-3871</div><div>Peer Support Program 628-3666</div><div>Suicide Prevention & Life Promotion Program (Non-Crisis) 628-3669</div><div>Well Central (Recovery College)</div><div>www.wellcentral.ca</div><div>Bounce Back CMHA</div><div>www.bounceback.cmha.ca</div><div>Bridge the Gapp</div><div>www.pei.bridgethegapp.ca</div><div>Wellness Together Canada</div><div>www.wellnesstogogether.ca/en-CA</div><div>Canadian Counselling Association</div><div>www.ccpa-accp.ca/find-a-canadian-certified-counsellor</div></div>	<div><div>Walk-In Clinics (Non-urgent)</div><div>Abegweit Wellness Centre 676-3007</div><div>Charlottetown 367-4444</div><div>Boardwalk Centre 892-2111</div><div>Sherwood Medical Centre 628-8900</div><div>South Shore Health Centre 730-2070</div><div>Central Queens Centre 621-3050</div><div>Lennox Island Health Centre 831-2711</div><div>Morell Walk-In Clinic (Fire Hall) 213-7600</div><div>Eastern Kings Health Centre 687-7033</div><div>Stratford Medical Centre 892-2111</div><div>Summerside Family Clinic 724-3210</div><div>Medical Care for Individuals without a Family Doctor</div><div>Maple Health PEI:</div><div>http://app.getmaple.ca/register</div><div>Health PEI Patient Navigator</div><div>Toll Free: 1-844-882-3141</div><div>Family Doctor Registry</div><div>Toll Free: 1-855-563-2101</div><div>PEI Health Cards</div><div>Toll Free: 1-800-321-5492</div><div>PEI Needle Exchange</div><div>Toll Free: 1-877-637-0333</div><div>Cancer Screening</div><div>Cancer Patient Navigator</div><div>Toll Free: 1-877-511-5177</div><div>Fit Kits & PEI PAP Screening</div><div>Toll Free: 1-888-561-2233</div><div>Mammography</div><div>Toll Free: 1-888-592-9888</div><div>COVID-19 Info Line</div><div>Toll Free: 1-800-958-6400</div><div>Skip The Waiting Room</div><div>www.skipthewaitingroom.com</div><div>2SLGBTQ+</div><div>Our Landing Place</div><div>Parents and Friends of Lesbians & Gays (P-FLAG) 569-3089</div><div>PEERS Alliance</div><div>Toll Free 1-800-314-2437</div><div>Charlottetown 566-2437</div><div>PEI Trans Network</div><div>Email peitrn@outlook.ca</div><div>Website www.peitrn.com</div><div>Pride PEI www.pridepei.ca</div></div>	<div><div>Public Health Nursing</div><div>Abegweit 676-3007</div><div>Alberton 853-8601</div><div>Charlottetown 368-4530</div><div>Evang./Well 854-7259</div><div>Kensington 888-8160</div><div>Lennox Island 831-2711</div><div>Montague 838-0762</div><div>O'Leary 859-8720</div><div>Souris 687-7049</div><div>Summerside 888-8160</div><div>Tignish 882-7366</div><div>Tyne Valley 854-7259</div><div>Sexual Health Services & Walk-In Clinic (Charlottetown)</div><div>Toll Free: 1-844-365-8258</div><div>HIV Testing (PEERS Alliance)</div><div>Toll Free 1-800-314-2437</div><div>Charlottetown 566-2437</div><div>Women's Information</div><div>Aboriginal Women's Association</div><div>Toll Free: 1-888-973-4292</div><div>Main: 831-3059</div><div>Birthright National Helpline</div><div>Toll Free: 1-800-550-4900</div><div>Main: 628-6028</div><div>East Prince Women's Info Centre 436-9856</div><div>Island Pregnancy Centre</div><div>Toll Free: 1-877-370-9711</div><div>The Moncton Hospital's Family Planning Clinic</div><div>Toll Free: 1-844-806-9205</div><div>Women's Clinic (Dr. Hoffman)</div><div>367-3285</div><div>Women's Help Line</div><div>Toll Free: 1-888-362-7373</div><div>Women's Institute of PEI 368-4860</div><div>Women's Network of PEI 368-5040</div><div>Women's Wellness Program & Sexual Services (Islandwide)</div><div>Toll Free: 1-844-365-8258</div></div> <div><div>Indigenous</div><div>Abegweit Wellness Centre 676-3007</div><div>Aboriginal Women's Association</div><div>Toll Free: 1-888-973-4292</div><div>Main: 831-3059</div><div>Cheryl May Bernard Women's Shelter (Lennox Island)</div><div>Toll Free: 1-855-297-2332</div><div>Main: 831-2332</div><div>Indigenous Justice Program</div><div>Toll Free: 1-800-240-9798</div><div>Main: 367-3681</div><div>Lennox Island Health Centre 831-2711</div><div>Mi'kmaq Confederacy of PEI</div><div>Toll Free: 1-877-884-0808</div><div>Mi'kmaq Family Resource Centre 892-0928</div><div>Native Council of PEI 892-5314</div></div> <div><div>Black, Indigenous & People of Colour (BIPOC)</div><div>Black Culture Society of PEI 367-3390</div><div>BIPOC United for Strength Home and Relationship (USHR) 892-5681</div><div>Healing in Colour BIPOC Therapist Directory (National) www.healingincolour.com</div></div>	<div><div>Senior's Independence Initiative</div><div>Toll Free: 1-877-569-0546</div><div>Home Care & Support</div><div>Lennox Island 831-2711</div><div>Montague 838-0786</div><div>Queens 368-4790</div><div>Souris 687-7096</div><div>Summerside 888-8440</div><div>West Prince 859-8730</div><div>Seniors' Home Repair, Safe at Home & Home Renovation Programs</div><div>Toll Free: 1-855-374-7366</div><div>Charlottetown 368-4889</div><div>PEI Senior Citizens' Federation</div><div>For info on local seniors' clubs, PEI Friendly Visitor Program & 55 Alive Driver Course</div><div>Toll Free: 1-877-368-9008</div><div>Other Senior Services</div><div>HelpAge Canada (National)</div><div>Toll Free: 1-800-648-1111</div><div>Seniors' Navigator & Info Line</div><div>Toll Free: 1-866-770-0588</div><div>Seniors Mental Health</div><div>Charlottetown 368-4911</div><div>Summerside 888-8180</div><div>Canadian Pension Plan & Old Age Security Enquiries</div><div>Toll Free: 1-800-277-9914</div></div> <div><div>Ethno-Cultural & Faith Groups</div><div>Canadian Lebanese Association of PEI www.clapei.ca</div><div>Dutch Canadian Association 964-3248</div><div>Great Enlightenment Buddhist Institute Society www.qebis.org</div><div>Indo-Canadian Association of PEI ICAofPEI@gmail.com</div><div>Kerala Association of PEI www.keralapei.com</div><div>Korean Association of PEI 218-5822</div><div>Muslim Society of PEI www.muslimpei.com</div><div>PEI Jewish Community www.peijc.org</div><div>Sikh Society of PEI www.peisinghsabha.ca</div><div>Sri Lankan Community 569-2341</div><div>Vietnamese Association on PEI www.vietpei.ca/en</div></div>	<div><div>Hospice PEI: Palliative Care & Grief Support</div><div>Provincial Grief Support Coordinator 330-3857</div><div>PEI 368-4498</div><div>Queens 368-4095</div><div>South Kings 838-2269</div><div>Souris 687-7150</div><div>Summerside 438-4231</div><div>West Prince 859-3949</div><div>Life After Suicide Loss Program</div><div>Information 628-3669</div><div>Registration 368-4911</div><div>Community Chaplains</div><div>PCH Spiritual Care 438-4374</div><div>QEH Spiritual Care 894-2094</div><div>Children's Grief Kits</div><div>Supporting Children and Youth to Grieve after Suicide Loss</div><div>628-3669</div><div>Children's Grief Kit (in French)</div><div>See French School Libraries</div></div> <div><div>Newcomers</div><div>Atlantic Immigrant Career Loan Fund 388-7116</div><div>BIPOC USHR Community Navigators 892-5681</div><div>Canadian Business Development Centre (CBDC) Community Navigators</div><div>Central PEI 598-7560</div><div>Eastern PEI 969-5989</div><div>Western PEI 853-3636</div><div>CIF (Cooperative for the integration of Francophones to PEI) 888-1687</div><div>Immigration and Refugee Services Association 628-6009</div><div>Nu Wei Com App (News & Translation Tools) www.nuwelcom.com</div><div>PEI Office of Immigration 620-3628</div></div>	<div><div>Anderson House</div><div>(Women and Children)</div><div>Toll Free 24/7 1-800-240-9894</div><div>Charlottetown 892-0960</div><div>Main Office 368-8658</div><div>PEI Family Violence Prevention</div><div>Service & 2nd Stage Housing</div><div>East Prince 888-3310</div><div>Kings 838-4600 ext.23</div><div>PEI Office 894-3354</div><div>Provincial 1-800-240-9894</div><div>Queens 894-3354 ext.224</div><div>West Prince 859-8849</div><div>PEI Rape & Sexual Assault Centre</div><div>Toll Free: 1-866-566-1864</div><div>Main Office 566-1864</div><div>Therapy Requests 1-888-368-8055</div><div>Child Protection & Reporting</div><div>Child Abuse (Toll Free)</div><div>Business Hours 1-877-341-3101</div><div>After Hours 1-800-341-6868</div><div>Emergency</div><div>Charlottetown 368-4790</div><div>Montague 838-0786</div><div>O'Leary 859-8730</div><div>Souris 687-7096</div><div>Summerside 888-8440</div><div>Adult Protection</div><div>Charlottetown 368-4790</div><div>Montague 838-0786</div><div>O'Leary 859-8730</div><div>Souris 687-7096</div><div>Summerside 888-8440</div><div>Post-Secondary Students</div><div>Atlantic Student Development Alliance (ASDA)</div><div>info@asdacanada.ca</div><div>Student Financial Services (Student Loan) 368-4640</div><div>UPEI Clubs and Societies www.upeisu.ca</div><div>UPEI Chaplain's Office & Food Bank 894-2876</div><div>UPEI Sexual Violence Prevention & Response Office 620-5090</div><div>Women</div><div>Aboriginal Women's Association</div><div>Toll Free: 1-888-973-4292</div><div>Main: 831-3059</div><div>Women's Institute of PEI 368-4860</div><div>Women's Network of PEI 368-5040</div></div> <div><div>Military & Veteran</div><div>Canadian Forces Member Assistance Program</div><div>1-800-268-7708</div><div>Military Family Info Line 1-800-866-4546</div><div>Military Family Resource Centre</div><div>Charlottetown 892-8999</div><div>Summerside 432-2427</div><div>Royal Canadian Legion Service Officer 892-2161</div><div>Veterans Affairs Canada</div><div>Toll Free: 1-866-522-2122</div></div>	<div><div>Income Supports, Child Care Subsidies, Accessibility & Senior's Independence Programs</div><div>Provincial Toll Free 24/7 1-877-569-0546</div><div>Drug Cost Assistance Support</div><div>Charlottetown 368-4947</div><div>Toll Free 24/7 1-877-577-3737</div><div>Emergency Home Heating Program</div><div>Prince County 436-6044</div><div>Queens/Kings 892-8870</div><div>Credit Counselling PEI (Free)</div><div>Charlottetown 892-2441</div><div>Summerside 436-9171</div><div>Atlantic Credit Counselling</div><div>Province Wide Toll Free 1-888-753-2227</div><div>Island Information Services (Government Inquiries)</div><div>Toll Free: 1-800-236-5196</div><div>Charlottetown 368-4000</div><div>Resource Abilities (Supports for Individuals with Disabilities)</div><div>Kings 838-5878</div><div>Prince 436-9259</div><div>Queens 892-9149</div></div> <div><div>Family Law Centre</div><div>Child Support</div><div>Charlottetown 368-6220</div><div>Summerside 888-8188</div><div>Children's Lawyer 368-4631</div><div>Family Court Counselors & Family Mediation 368-6928</div><div>Maintenance 894-0383</div><div>Parent Education 368-4333</div><div>Re-calculation of Child Support 368-4109</div><div>Community Legal Information Association</div><div>Main (Charlottetown) 892-0853</div><div>Renting PEI 940-5368</div><div>RISE Program (Workplace Sexual Violence & Harassment) 218-6143</div><div>Youth Justice Services</div><div>Charlottetown 368-4587</div><div>Probation Services 368-4697</div><div>Victim Services</div><div>Charlottetown 368-4582</div><div>Summerside 888-8218</div><div>Other Legal Supports</div><div>Human Rights Commission 368-4180</div><div>Indigenous Justice Program</div><div>Toll Free: 1-800-240-9798</div><div>Main: 367-3681</div><div>John Howard Society 566-5425</div><div>PEI Crime Stoppers</div><div>Toll Free: 1-800-222-8477</div></div> <div><div>Other Communities</div><div>ADHD PEI www.adhdpei.ca</div><div>ALS Society of PEI 439-1600</div><div>Alzheimer's Society 628-2257</div><div>Autism Society</div><div>Toll Free 1-888-360-8681</div><div>PEI Autistic Adults www.peiautisticsadults.com</div><div>Canadian Cancer Society - PEI</div><div>Toll Free 1-888-939-3333</div></div>	<div><div>Skills PEI</div><div>Employment Insurance Inquiries</div><div>Toll Free: 1-800-206-7218</div><div>PEI Employment Programs</div><div>Toll Free: 1-877-491-4766</div><div>Career Development Services</div><div>Bloomfield 859-2776</div><div>Charlottetown 626-2014</div><div>Montague 838-5453</div><div>Souris 687-1526</div><div>Summerside 436-0706</div><div>Career Bridges</div><div>Charlottetown 566-2811</div><div>Summerside 436-5739</div><div>O'Leary 736-3016</div><div>Employment & Career Supports</div><div>East Prince Youth Development Centre 436-2815</div><div>Immigrant & Refugee Services Association PEI (Newcomers)</div><div>628-6009</div><div>John Howard Society 566-5425</div><div>Mi'kmaq Confederacy of PEI</div><div>Toll Free: 1-877-884-0808</div><div>Native Council of PEI 892-5314</div><div>West Prince Employment Centre 853-3715</div><div>Services for Individuals with Intellectual Disabilities</div><div>Community Connections (East Prince) 436-7576</div><div>Community Inclusions (West Prince) 726-3144</div><div>Inclusions East (Montague) 838-2516</div><div>Queens County Residential Services 566-4470</div><div>Harbour View Training Centre (Souris) 687-3032</div><div>Tremploy Inc. (Charlottetown) 892-5338</div><div>"The Real Us" Day Program (Summerside) 888-2006</div></div> <div><div>Temporary Shelter Support Line</div><div>Toll Free: 1-833-220-4723</div><div>Men's Shelter (Male Identifying)</div><div>Bedford Macdonald House (Charlottetown)</div><div>Call after 4:30pm 892-9242</div><div>Deacon House 368-4036</div><div>Women's Shelter (Female Identifying)</div><div>Blooming House (Charlottetown) 213-9969</div><div>Cheryl May Bernard Women's Shelter (Lennox Island)</div><div>Toll Free: 1-855-297-2332</div><div>Main: 831-2332</div><div>LifeHouse Transitional Housing & Emergency Shelter (Summerside)</div><div>954-1785</div><div>Housing Navigator and Housing Services</div><div>Charlottetown 368-5770</div><div>Montague 838-0796</div><div>Souris 687-7098</div><div>Summerside 888-8436</div><div>Other Housing</div><div>John Howard's Rural Housing Project 569-7764</div><div>Queens County Residential Services 566-4470</div><div>Also See CMHA's Housing Supports under 'Mental Health'</div><div>Community Outreach Centre</div><div>Charlottetown 218-4927</div><div>PEI Community Fridge</div><div>Charlottetown (414 Queen St.) peicommunityfridge@gmail.com</div><div>PEI School Food Program 380-3663 (FOOD)</div><div>Soup Kitchens</div><div>Charlottetown 892-8870</div><div>Summerside 436-6044</div><div>Charlottetown Upper Room (33 Belmont Street) 892-7092</div><div>Montague 838-3191</div><div>Souris 687-2996</div><div>West Prince Caring Cupboard wpcaringcupboard@gmail.com</div><div>Alberton (St. Peter's Anglican-Church) Thursdays 10 - 12pm</div><div>Bloomfield / O'leary (St. Anthony's Church Hall) Thursdays 10 - 12pm</div><div>Tignish (St. Simon & St. Jude Parish Centre) Tuesdays 4 - 5pm</div><div>Tyne Valley (Presbyterian Church Hall) Thursday 10 - 12pm</div><div>Habitat For Humanity</div><div>Charlottetown 367-3559</div></div>				