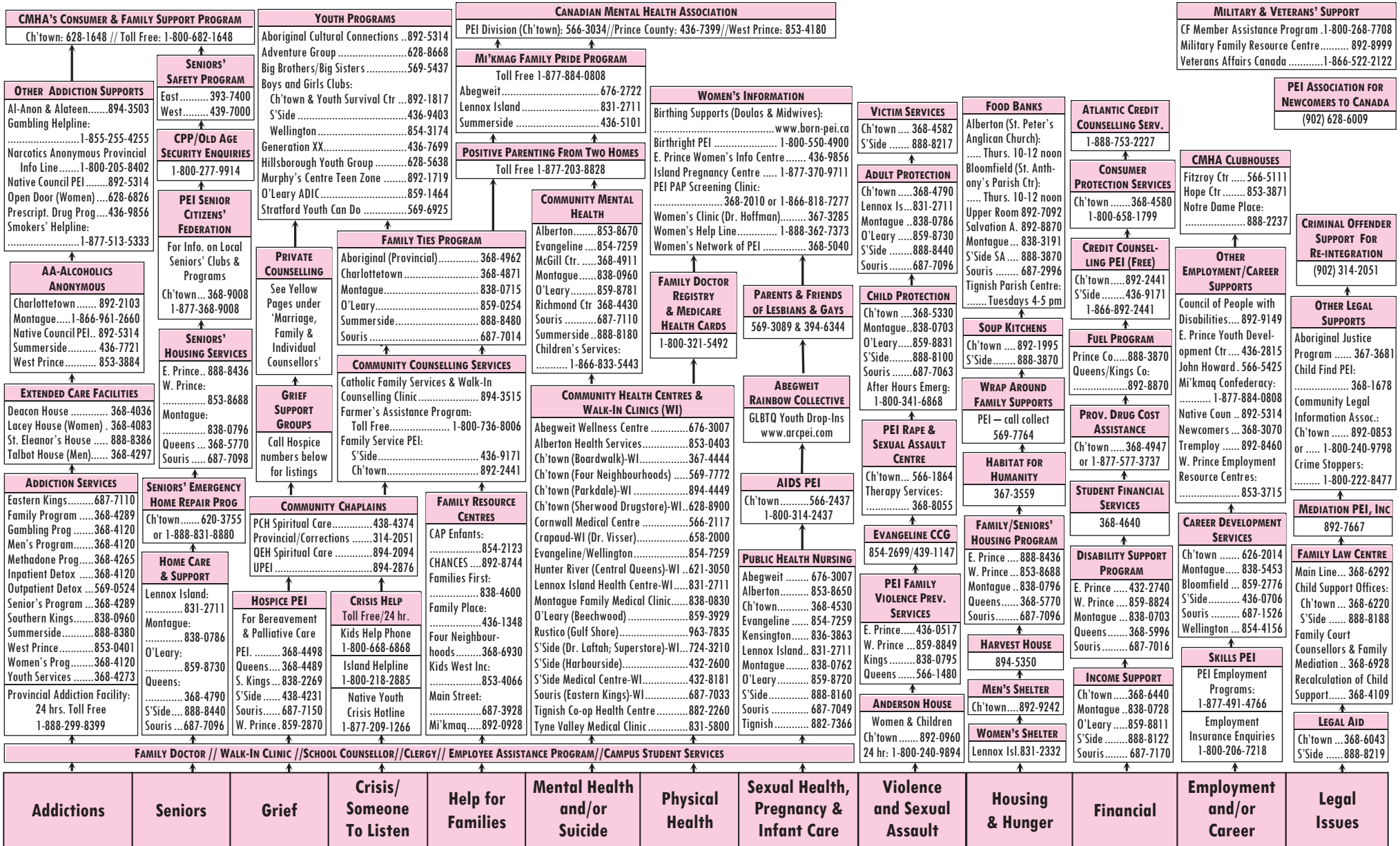


# THE PEI HELPING TREE

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 arrows on the flow chart to find resources that may help. There are times in everyone's lives when we need to reach out to others - sometimes it's just a matter of knowing how to contact them. **If you are still uncertain of where to turn, please call the Island Helpline at 1-800-218-2885, available toll free, 24 hours a day.**



 Canadian Mental Health Association  
Prince Edward Island

 **santé** en français  
www.santepei.ca

**YOU START HERE**

The PEI Helping Tree was created by CMHA's Suicide Prevention Program. It is for informational purposes only and CMHA is not responsible for any acts or omissions of these organizations. To download a copy or to access a linkable version go to [www.cmha.pe.ca](http://www.cmha.pe.ca). For additional copies or to report changes, call (902) 628-3669. (September/2012)