

# 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 **1-833-553-6983 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												
Toll Free 24/7 unless stated												
Canada Suicide Prevention Service												
Anderson House (Women and Children) Toll Free 24/7 1-800-240-9894												
Income Supports, Child Care Subsidies, Accessibility & Senior's Independence Programs												
Legal Aid: Family												
Legal Aid: Criminal												
Family Law Centre												
Drug Cost Assistance Support												
Emergency Home Heating Program												
Credit Counselling PEI (Free)												
Atlantic Credit Counselling												
Island Information Services (Government Inquiries)												
Resource Abilities (Supports for Individuals with Disabilities)												
Victim Services												
Other Legal Supports												
Military & Veteran												
Other Communities												
Women												
Newcomers												
Post-Secondary Students												
Ethno-Cultural & Faith Groups												
Indigenous												
Aboriginal Women's Association												
Chief Mary Bernard's Memorial Women's Shelter (Lennox Island)												
Indigenous Justice Program												
Muslim Society of PEI												
Sikh Society of PEI												
Sri Lankan Community												
Vietnamese Association on PEI												
Public Health Nursing												
Senior's Independence Initiative												
Home Care & Support												
Hospice PEI: Palliative Care & Grief Support												
Provincial Grief Support												
Coordinator												
PEI												
Queens												
South Kings												
Souris												
Summerside												
West Prince												
Seniors' Home Repair, Safe at Home & Home Renovation Programs												
Toll Free: 1-855-374-7366												
Charlottetown												
PEI Senior Citizens' Federation												
For info on local seniors' clubs, PEI Friendly Visitor Program & 55 Alive Driver Course												
Toll Free: 1-877-368-9008												
Other Senior Services												
HelpAge Canada (National)												
Seniors' Navigator & Info Line												
Toll Free: 1-866-770-0588												
Seniors Mental Health												
Charlottetown												
Summerside												
Canadian Pension Plan & Old Age Security Enquiries												
Toll Free: 1-800-277-9914												
Sexual Health Services & Walk-In Clinic (Charlottetown)												
Toll Free: 1-844-365-8258												
HIV Testing (PEERS Alliance)												
Toll Free: 1-800-314-2437												
Charlottetown												
Women's Information												
Aboriginal Women's Association												
Toll Free: 1-888-973-4292												
Main: 831-3059												
Birthright National Helpline												
Toll Free: 1-800-550-4900												
Main: 628-6028												
East Prince Women's Info Centre												
436-9856												
Island Pregnancy Centre												
Toll Free: 1-877-370-9711												
The Moncton Hospital's Family Planning Clinic												
Toll Free: 1-844-806-9205												
Women's Clinic (Dr. Hoffman)												
367-3285												
Women's Help Line												
Toll Free: 1-888-362-7373												
Women's Institute of PEI												
368-4860												
Women's Network of PEI												
368-5040												
Women's Wellness Program & Sexual Services (Islandwide)												
Toll Free: 1-844-365-8258												
Walk-In Clinics (Non-urgent)												
Abegweit Wellness Centre												
676-3007												
Charlottetown												
Boardwalk Centre												
367-4444												
Parkdale Medical Centre												
892-2111												
Sherwood Medical Centre												
628-8900												
South Shore Health Centre												
730-2070												
Central Queens Centre												
621-3050												
Lennox Island Health Centre												
831-2711												
Morell Walk-In Clinic (Fire Hall)												
213-7600												
Eastern Kings Health Centre												
687-7033												
Stratford Medical Centre												
892-2111												
Summerside Family Clinic												
724-3210												
Medical Care for Individuals without a Family Doctor												
Maple Health PEI: <a href="http://app.getmaple.ca/register">http://app.getmaple.ca/register</a>												
Health PEI Patient Navigator												
Toll Free: 1-844-882-3141												
Family Doctor Registry												
Toll Free: 1-855-563-2101												
PEI Health Cards												
Toll Free: 1-800-321-5492												
PEI Needle Exchange												
Toll Free: 1-877-637-0333												
Cancer Screening												
Cancer Patient Navigator												
Toll Free: 1-877-511-5177												
Fit Kits & PEI PAP Screening												
Toll Free: 1-888-561-2233												
Mammography												
Toll Free: 1-888-592-9888												
Skip The Waiting Room												
<a href="http://www.skipthewaitingroom.com">www.skipthewaitingroom.com</a>												
2SLGBTQ+												
Our Landing Place												
Parents and Friends of Lesbians & Gays (P-FLAG)												
569-3089												
PEERS Alliance												
Toll Free: 1-800-314-2437												
Charlottetown												
566-2437												
PEI Trans Network												
Email: <a href="mailto:peitn@outlook.ca">peitn@outlook.ca</a>												
Website: <a href="http://www.peitn.com">www.peitn.com</a>												
Pride PEI												
<a href="http://www.pridepei.ca">www.pridepei.ca</a>												
Black, Indigenous & People of Colour (BIPOC)												
Black Culture Society of PEI												
367-3390												
BIPOC United for Strength Home and Relationship (USHR)												
892-5681												
Healing in Colour BIPOC												
Therapist Directory (National)												
<a href="http://www.healingincolour.com">www.healingincolour.com</a>												
Canadian Mental Health Association Prince Edward Island												
Réseau Santé en français 1-P-E												
Mental Health & Addictions Helpline 1-833-553-6983												
Suicide Crisis Helpline 9-8-8												

## Communities

The PEI Helping Tree was created by CMHA-PEI's Suicide Prevention and Life Promotion program. It is for informational purposes only and CMHA is not responsible for any acts or omissions of the organizations listed. To access a hyperlinked version of this document, go to [www.pei.cmha.ca](http://www.pei.cmha.ca). To request additional copies or to report changes, please call (902) 628-3669.

**Mental Health & Addictions Helpline**  
1-833-553-6983  
Suicide Crisis Helpline  
9-8-8

