

# MENTAL HEALTH AND ADDICTIONS SUPPORT

## Are you in crisis?

Reach our **Mobile Mental Health Response Service** via our **Mental Health and Addictions Phone Line** by calling **1-833-553-6983**

- Calls are answered by trained professionals **24 hours a day, 7 days per week**. The **Mobile Response team** can be dispatched between the hours of **10 a.m. to 10 p.m.** to provide treatment and connection to ongoing mental health care.

## Don't know where to start?

The **Mental Health or Addictions Patient Navigator** can be reached at **902-218-3298** or [mhpatientnavigator@ihis.org](mailto:mhpatientnavigator@ihis.org).

## Are wanting or able to access supports on your own?

Check our **Bridge the Gapp** website

- This is an online resource designed to support mental wellness with service providers, definitions, and some apps to help you immediately.
- Call **Wellness Together Canada** at **1-866-585-0445** or access their website at [www.wellnesstogether.ca/en-CA](http://www.wellnesstogether.ca/en-CA)
- This is a free, immediate mental health and substance abuse crisis support.

## Are you feeling stressed or anxious and need to talk to a professional?

Go to a **Mental Health or Addictions Walk in Clinics** available across PEI:

- » **Montague:** Thursday, 4 p.m. – 8 p.m. (902-838-0960)
- » **Charlottetown - Richmond Centre:** Tuesday and Thursday 10 a.m. – 6 p.m. and Friday, 12 p.m. – 4 p.m. (902-368-4430)
- » **Charlottetown - McGill Centre:** Saturday and Sunday, 1 p.m.-5 p.m. (902-368-4911)
- » **Summerside:** Monday and Wednesday, 9 a.m. – 5 p.m. (902-888-8180)
- » **O'Leary:** Wednesday, 9 a.m. – 3 p.m. (902-853-8670)

Professional staff offer immediate support to help with anxiety, depression, and other complex and high-risk issues.

- Call the **Island Helpline** anytime at **1-800-218-2885**
- It provides free, confidential emotional support and crisis intervention to Islanders of all ages.
- Reach **Kids Help** phone at **1-800-668-6868** or text at **686868**. It provides bilingual telephone, live chat, and text counselling for youth from **Monday to Friday from 10 a.m. to 6 p.m.**

## Do you want to connect with a community organization you trust?

- Call **Canadian Mental Health Association** at **902-566-3036** from **8:30 a.m. to 4:30 p.m.** from **Monday to Friday**. This organization can provide emotional support and navigation services
- Call **Our Landing Place** at **250-806-0455** or visit [ourlandingplace.com](http://ourlandingplace.com) or email [inquiries@landingplace.com](mailto:inquiries@landingplace.com). This organization provides counselling to individuals identifying as part of the **LGBTQ2IA+** community.
- Call **PEERS Alliance** at **902-566-2437** or email [info@peersalliance.ca](mailto:info@peersalliance.ca). This organization navigation of services, support and peer-to-peer mentorship.

