

Mental Health and Addictions Programs and Services

Bridge the gapp PEI.BridgetheGapp.ca

Bridge the gapp is a free online self-help support system with mental health and addictions resources for youth and adults.

Mental Health and Addictions Access Line 1-833-553-6983

Free and confidential support for all Islanders by mental health professionals 24 hours a day, 7 days a week without a referral.

Mobile Mental Health Response Service 1-833-553-6983

In-person care when individuals experiencing a mental health or substance use crisis require more than phone-based support. Available from 10 a.m. to 10 p.m. daily without a referral.

Mental Health & Addictions Patient Navigator 902-218-3289 | MHApatientnavigator@ihis.org

A person who can help connect individuals with beneficial and appropriate mental health and substance use services and supports. No referral required. Contact Monday-Friday, 8 a.m. to 4 p.m.

Mental Health Walk-in Clinics HealthPEI.ca/ Mental-Health-Walk-In-Clinics

Meet with a mental health counsellor for up to 60 minutes without an appointment or referral. See web page for times and locations.

Community Mental Health & Addiction Services

Healthpei.ca/ mentalhealthandaddictions

Services for adults and youth based on individual needs, including group and individual treatment. Programs offered include Seniors Mental Health Resource Teams and Outreach Teams (referral required), Outpatient Withdrawal Management, and Opioid Agonist Treatment.

Student Well-Being Teams

[www.princeedwardisland.ca/
studentwellbeingteams](http://www.princeedwardisland.ca/studentwellbeingteams)

Work in all Island public schools advising, consulting, and providing direct service to children and youth who are struggling with mental, social, and physical health issues. Teams operate year-round and offer services in schools, in the community, and in the home.

The Mental Health Intensive Day Program HealthPEI.ca/MHIDP

902-288-1274 | mhidp@ihis.org

For adults experiencing moderate to acute psychiatric symptoms, requiring support, symptom and medication management but not 24-hour hospitalization. Intense focus on psychoeducational skill based learning with individualized support.

Insight

HealthPEI.ca/Insight

The INSIGHT Program is a youth mental health day treatment program that is delivered by a team of health and education professionals who work with *youth aged 13-18*, their families and schools to reduce the day-to-day impact of mental health problems or illnesses on their lives.



Health PEI

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Mental Health Acute Care **HealthPEI.ca/** **hillsborough-hospital**

Health PEI provides specialized care for acute mental illness at the Hillsborough Hospital, with additional beds at Prince County Hospital. A psychiatric assessment is required.

Mental Health Structured Residential & Day Programs

HealthPEI.ca/
StructuredProgramming
902-288-1198 |
structuredreferrals@ihis.org

Designed for adults experiencing mild to moderate mental health and / or addiction issues not requiring psychiatric support or medication management. Balanced focus on life skill management and psychoeducation programming.

Strength Program

HealthPEI.ca/StrengthProgram
902-432-2811

Mental health and addictions programming (*residential and day treatment*) for youth between the ages of 15 to 24. Program duration is 16 weeks (but individual stays may vary) with up to 24 weeks of aftercare. Residential program has 12 beds. Referral required. Located in Summerside.

Addictions Services **Walk-in Clinics**

HealthPEI.ca/
Addictions-Walk-in-Clinics

Clients can speak with an addictions counsellor in person for up to 60 minutes without an appointment or referral. See web page for times and locations.

Inpatient Withdrawal Management (Detox)

Provincial Addiction Treatment Facility

902-368-4120 / 1-888-299-8399 (toll-free)

A safe, supportive, and medically supervised environment to assist individuals in withdrawing from alcohol or drugs. Individuals must self-refer by calling the number above. Located in Mount Herbert.

Addiction Extended Care Recovery Homes:

Woman's Addictions Extended Care,
Talbot, St. Eleanor's

HealthPEI.ca/RecoveryResidences

These residences provide a supervised, therapeutic, safe, and home-like environment to assist individuals in maintaining a substance-free lifestyle. Length of stay is up to 90 days. Each facility is listed as gender-specific but acknowledges and respects diverse gender identities and experiences.

Addictions Intensive Day Program (IDP)

www.healthpei.ca/AIDP

The Addictions Intensive Day Program (IDP) supports participants in obtaining information about their addiction, including developing a personal recovery plan and relapse prevention plan.

Addictions Transition Program

HealthPEI.ca/TransitionUnit

The Transition Unit is for people in the early stages of recovery from substance use and process addiction. It is suitable for those who need extra support to remain healthy and manage their recovery in the community. The program is open to PEI residents of all gender identities aged 21 years and over

Except for the Strength Program & IDP, all addictions services can be self-referral