

HURRICANE FIONA

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**.

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**
 - 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)**

They 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** or email **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**
This organization navigation of services, support and peer-to-peer mentorship.

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Response Information
September 2022

