

MENTAL HEALTH RESOURCES

Here is a list of mental health resources you may find helpful:

PEI

-Community Mental Health

<https://www.princeedwardisland.ca/en/information/health-pe/mental-health-services>

-Walk in Mental Health Clinics in PEI

<https://www.princeedwardisland.ca/en/information/health-pe/mental-health-walk-in-clinics>



[Mental Health
Walk-in Clinics |
Government of
Prince ...](#)

www.princeedwardisland.ca

Mental health walk-in clinics offer immediate mental health support to help with anxiety, as well as life events causing stress and other mental health issues.

-CMHA PEI: Peer Support Groups

Canadian Mental Health Association PEI Division

178 Fitzroy Street, Charlottetown, PE, C1A 7L9 [Map](#)

902-566-3034

<http://www.cmha.pe.ca>

- The Island Helpline 1-800-218-2885 theislandhelpline.com
- Family Service PEI <https://fspei.ca/>
- Catholic Family Services <http://www.catholicfamilyservicesbureau.com/>
- PEI Counselling Association <http://peica.org/>

- <https://www.papei.org/private-practice-directory>
- <http://www.peirsac.org/>

CANADA

Hope for Wellness Help Line

- **1-855-242-3310**
- This help line gives free national telephone crisis intervention and counselling support for First Nations and Inuit.
- Help can be reached toll-free, 24 hours a day, 7 days a week by calling 1-855-242-3310.
- For more long-term care, contact a [First Nations and Inuit Health regional office](#)

Crisis Services Canada

Call toll-free anytime at 1.833.456.4566 or text at 45645 between 4 pm - 12 am ET.

Bell Let's Talk resource

Visit: <https://letstalk.bell.ca/en/get-help>

Other helpful on-line resources for mental health include:

<https://headsupguys.org/>

<http://trauma-recovery.ca/>

<http://sioutreach.org/>

<https://self-compassion.org/>

General resources:

1-contact your EAP (Employee Assistance program)

2-Contact your family doctor to discuss mental health options