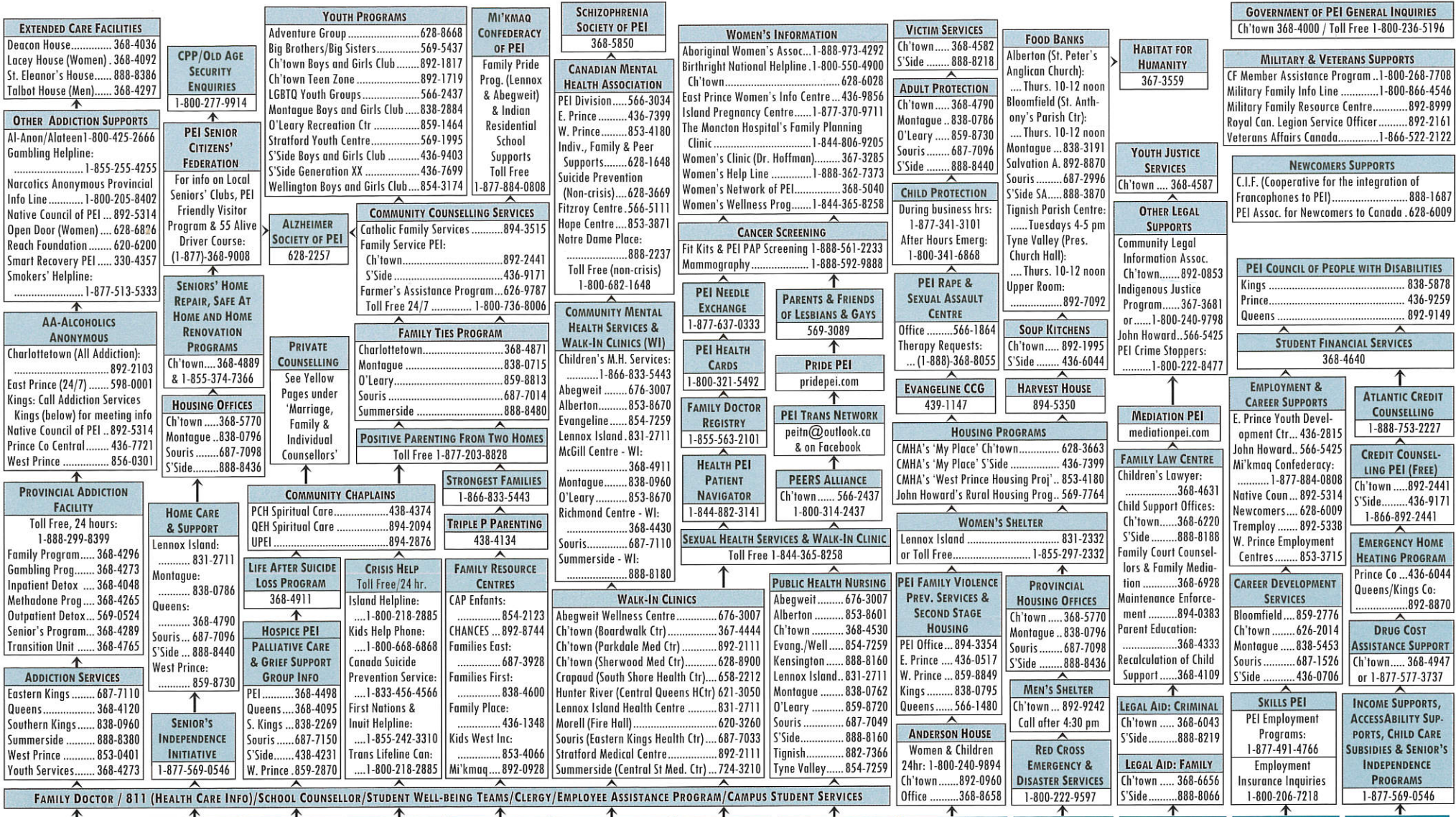


THE PEI HELPING TREE

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 arrows on the flow chart to find resources that may help. There are times in everyone's lives when we need to reach out to others - sometimes it's just a matter of knowing how to contact them. Note: unless indicated, you need to dial 902 for all local calls. **If you are still uncertain of where to turn, please call the Island Helpline at 1-800-218-2885, toll free 24/7. Emergency Call 9-1-1**



Canadian Mental Health Association
Prince Edward Island

Réseau Santé
en français L-P-E.

The Island Helpline
1-800-218-2885
Ligne d'écoute de l'I.-P.-E.

YOU START HERE

The PEI Helping Tree was created by CMHA's Suicide Prevention Program. It is for informational purposes only and CMHA is not responsible for any acts or omissions of these organizations. To download a copy or to access a linked version go to www.pei.cmha.ca. For additional copies or to report changes, call (902) 628-3669. (September/2018)