

Mental Health and Addictions Programs and Services

PrinceEdwardIsland.ca/MHA

Bridge the gapp

PEI.BridgetheGapp.ca

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.

Gambling Support Line

1-855-255-4255

peigamblingsupport.com/

Free and confidential support for gambling-related concerns, available 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 appropriate mental health and substance use services and supports. No referral required. Contact Monday-Friday, 8 a.m. to 4 p.m.

Open Access Counselling

HealthPEI.ca/

OpenAccessCounselling

Individuals can speak with a mental health or addictions clinician for up to 60 minutes without an appointment or referral. The clinician will work with the individual to identify resources, strengths, and strategies to help them move forward. Individuals can guide the session towards what matters most to them.

See webpage 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/](http://www.princeedwardisland.ca/studentwellbeingteams)

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.

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

Mental Health and Addictions Programs and Services

PrinceEdwardIsland.ca/MHA

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 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**

Programming (residential and day treatment) for youth aged 15 to 24 requiring support for substance use and co-occurring mental health issues. Program duration is 16 weeks (but individual stays may vary) with up to 24 weeks of aftercare. Referral required. Located in Summerside.

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 other 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 House,

St. Eleanor's House

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 residence is listed as gender-specific but acknowledges and respects diverse gender identities and experiences.

Addictions Intensive Day Program

www.healthpei.ca/AIDP

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

Addictions Transition Program

HealthPEI.ca/TransitionUnit

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 & Addictions Intensive Day Program, all addictions services can be self-referral



Health PEI