

There are support networks out there just for YOUTH. The counsellors and the *Counselling Center* are there to help you. If you need more info on any of these services visit the *Counselling Center*.

**\*\*It is important to ask for help.\*\***

These are some examples of what Charlottetown has to offer YOU.

# Just For YOUTH

If you are experiencing a challenge and simply do not know where to turn the Island Help Line is available 24 hours/day.

**1-800-218-2885**

## ***Support for a Safer YOU in Times of Need***

### ***Adult Protection***

Adult Protection Program provides assistance and protection intervention to vulnerable adults who are unable to protect themselves from abuse or neglect.  
**368-4790**

### ***Anderson House***

Is a safe and supportive shelter for women and their children who have been physically or emotionally abused or who live in fear or abuse. The Anderson House offers:

~a toll-free 24-hour crisis line ~crisis intervention  
~food and clothing, ~emotional support  
~information/resources, and ~advocacy for abused women and children.

Emergency: **892-0960**  
**1-800-240-9894**

email: [tha@peitha.org](mailto:tha@peitha.org)

### ***Transition and Support Services***

Free and confidential service providing emotional support for women who have been victims of family violence.

Charlottetown **566-1480**  
West Prince **859-8849**  
Summerside **436-0517**  
Kings **838-0795**

### ***Child Abuse Line***

Child Protection Services for abused children. If necessary workers are available 24 hours a day.  
**1-800-341-6868**

### ***Crime Stoppers***

If you are being abused or know of an abusive situation, you can call Crime Stopper. You can remain anonymous. **1-800-222-TIPS**

### ***Community Legal Information Association (CLIA)***

Provides basic legal information including free pamphlets on a wide variety of legal topics.  
**892-0853**  
**1-800-240-9798**

### ***Food Bank***

Charlottetown **892-7092**  
Summerside **888-3870**

### ***Island Help Line***

24 hours/day free, confidential service for all Islanders providing information, support, and crisis counselling on: ~family matters,  
~alcohol and drugs,  
~parenting and suicide prevention.  
**1-800-218-2885**

### ***Kids Help Phone***

They provide 24 hours/day immediate and caring support over the phone or through web counselling. Kids Help Phone counsellors speak to kids across Canada that have issues or concerns about:  
~relationships ~school ~bullying  
~suicide and ~abuse.  
**1-800-668-6868**

website: [www.kidshelpphone.ca/en/](http://www.kidshelpphone.ca/en/)

***Queen Elizabeth Hospital*** **894-2111**  
***Prince County Hospital*** **438-4200**

### ***PEI Rape and Sexual Assault Crisis Center***

24hr, toll free, crisis line for victims of rape and sexual assault including incest and spousal rape. Trained volunteers answer calls and provide information, advocacy and support. Individual and group therapy are also offered as needed.

Crisis Line: **566-8999**  
**1-800-289-5656**

website: [www.peirsacc.org](http://www.peirsacc.org)

***Police*** - **911**  
***Charlottetown RCMP*** **368-9300**  
***Summerside RCMP*** **436-9300**  
***Charlottetown Police Dept.*** **629-4172**  
***Summerside Police Dept.*** **432-1201**

***Salvation Army*** **892-8870**  
***Shelter for Men***  
Charlottetown **894-3625**  
**892-9242**

### ***Soup Kitchen***

Charlottetown **892-1995**  
Summerside **888-3870**

### ***Victim Services***

Act as a link between victims and the justice system. They can provide information to help victims find other services they may need.  
Charlottetown **368-4582**  
Summerside **888-8218**

### ***Turning Point***

Program and counselling offered that aims to help men stop controlling and abusive behaviour towards their partners. Information about this program is available through the ***Provincial Coordinator*** **368-6390**

## ***Support for YOU and YOUR Family in dealing with ADDICTIONS:***

### ***Provincial Addiction Facility***

Inpatient and out-patient detoxification; counselling, information and referral for people who are addicted to alcohol and/or drugs. Available to call 24 hours a day.  
**368-4120**  
**1-888-299-8399**

### ***Youth Addiction Counselling***

Provides individual counselling for young people who are experiencing problems as a result of alcohol/drug use. Service can be reached through the provincial addiction facility.  
**368-4120**  
**1-888-299-8399**

### ***Al-Anon Family Groups*** (including Alateen Group)

Offer understanding and support to families and friends of problem drinkers. **894-3503**  
**1-888-4AL-ANON**

website: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

**Alcoholics Anonymous/Gamblers Anonymous/  
Narcotics Anonymous**

To find out more about meeting times and places  
call 24 hrs/ toll free. **1-888-299-8399**  
Gambling Helpline **1-888-347-8888**

**Gambling “Talk It Out” Website**

Live chat every night from 8pm until midnight.  
Provides an opportunity for teens to talk about  
gambling problems.  
website: [www.gamtalk4teens.org](http://www.gamtalk4teens.org)

**Adult Rehabilitation Services**

**-Women’s Addictions Services 569-0519**  
**-Men’s Addictions Services 368-4288**

**Family Program**

The Family Program offers knowledge,  
development of personal skills and support in  
dealing with a loved on who has an addiction.  
Contact *Addiction Services*: **368-4120**

**Programs to support YOU (Mentally,  
Emotionally, and Sexually):**

**Abegweit Rainbow Collective**

Community based volunteer organization  
committed to providing support, education and  
advocacy bisexual, gay, lesbian, transgendered,  
two-spirited and questioning Islanders and their  
family and friends. ARC has a 24 hour voice  
message with up to date happenings in the  
community. **894-5776**  
**1-877-380-5776**

website: [www.arcpei.ca](http://www.arcpei.ca)

**Birthright PEI**

Birthright helps any woman or girl who is dealing  
with an unexpected pregnancy. They are completely  
confidential and offer free pregnancy tests. Their  
focus is to ensure the right of every child to be born.  
279 Richmond Street **628-6028**  
**1-800-550-4900**

website: [www.birthright.org](http://www.birthright.org)

**Boys & Girls Club of Charlottetown**

Together with families and other adults the Boys and  
Girls Club provides children and youth with skills,  
knowledge and values to become responsible  
individuals. **892-1817**  
Summerside **436-9403**  
email: [bgclub@pei.sympatico.ca](mailto:bgclub@pei.sympatico.ca)

**Catholic Family Services Bureau**

The purpose of Catholic Family Services is to  
promote and strengthen the quality of family life on  
PEI. They offer professional counselling, education  
and advocacy services. The services are available to  
all people regardless of race, creed/religion, marital  
status, sex and sexual orientation.  
They offer family education programs that focus on  
managing stress and building self esteem. **894-3515**

**C.H.A.N.C.E.S- Best Start** (Caring, Helping and  
Nurturing Children Every Step) CHANCES offers a  
variety of programs for parents and young families.  
There is drop-in play groups, community kitchens,  
prenatal classes, active parenting and other resources  
are made available. Best Start is a program geared  
towards new families and dealing with the changes.  
Transportation can be provided to the programs. **892-8744**

**Community Mental Health Services**

Offers professional assessment and ongoing  
individual and group counselling programs for  
individuals affected by stressful life situations,  
mental health disorders and mental illnesses. Self and  
professional referrals accepted.  
Charlottetown (Richmond Center) **368-4430**  
West Prince **853-8670**  
Montague **838-0960**  
Souris **687-7110**

**Community & Family Services**

Family Service agency that aims to enhance family  
life on P.E.I. The offer counselling, family  
mediation, anger management and credit counselling. **892-4872**

**Family Ties Program**

Focuses on emotional parent-child problems and  
depression. Uses services necessary to strengthen  
families and avoid unnecessary placement in  
hospitals. Individual and family counselling for teens  
12-18 yrs old. **368-6422**  
37 St.Peter’s Road

**G.I.F.T. (Graduation Is For Teen Moms)** This  
program is focused on helping each student meet her  
and his educational and emotional needs during  
pregnancy and early parenthood while earning her  
and his high school diploma.  
One can contact the Counselling Centre at each High  
School

**GLBTQ Youth Safe Spaces**

Gay, lesbian, bisexual, transgendered, two spirited  
and questioning youth aged 24 and younger.  
GLBTQ youth drop-ins provide a safe space to hang  
out, get support, access resources and have fun. **894-5776**  
**1-877-380-5776**

Email: [youth@arcpei.ca](mailto:youth@arcpei.ca)  
Website: [www.arcpei.ca](http://www.arcpei.ca)

**Human Resources / Career Development**

The federal government has programs to help youth  
learn job skills and get jobs.  
Website: [www.youth.gc.ca](http://www.youth.gc.ca)

**PFLAG Canada**

Parents, Families and Friends of Lesbians and Gays  
focuses on celebrating diversity. They offer support,  
advocacy and information to help create a society  
that is healthy and respectful of human diversity. **1-888-530-6777**

Website: [www.pflag.ca](http://www.pflag.ca)  
Email: [pflagpei@eastlink.ca](mailto:pflagpei@eastlink.ca)

**Quit Smoking**

Support to help quite smoking call. **569-0524**

**Suicide Prevention Program**

For information on services provided for suicide  
prevention, intervention and post-vention efforts  
to strengthen supports. For information on these  
resources contact the Program Coordinator. **628-3669**  
email: [suicideprevention@cmha.pe.ca](mailto:suicideprevention@cmha.pe.ca)

**Survival Center for Youth**

This FREE informal drop-in center offers many  
useful services to today’s youth:  
~Walk-in Medical Referrals  
~Computer Services  
~Laundry/ Shower Facility  
~Food  
~Job Searching Skills  
~Youth Workers  
~Referrals to appropriate community services  
39 St.Peter’s Road **894-5884**  
email: [bgclub@pei.sympatico.ca](mailto:bgclub@pei.sympatico.ca)

**Women’s Clinic**

Part time clinic in Charlottetown that offers  
gynecological and birth control needs.  
Water Street Parkway (Above Friendly  
Pharmacy) **367-3285**

**WrapAround Program**

Is a program that offers individuals support in  
reaching personal goals. Strategies to meet goals  
are planned by the individual along with friends  
and family that have been invited to help with  
the process. **569-7764**  
559 North River Road  
email: [jhoward@gov.pe.ca](mailto:jhoward@gov.pe.ca)

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