

## Mental health resources: Prince Edward Island

Name	Contact	Information	Location	Type of resource	Type of support	Target demographic	Serves adults (18+)	Serves children (0–12)	Serves youth (13–17)	Serves families	Language (s) spoken
Bridge the Gapp: Adult	<a href="https://pei.bridgethegapp.ca/adult">pei.bridgethegapp.ca/adult</a>	Online mental health service directory and knowledge centre.	<a href="#">Prince Edward Island</a>	<a href="#">Navigation tool</a>	<a href="#">Wellness support</a>	<a href="#">General population</a>	<a href="#">Yes</a>	—	—	—	<a href="#">English</a>
Bridge the Gapp: Youth	<a href="https://pei.bridgethegapp.ca/youth">pei.bridgethegapp.ca/youth</a>	Provides connection to guidance and supports for the mental health of youth.	<a href="#">Prince Edward Island</a>	<a href="#">Navigation tool</a>	<a href="#">Wellness support</a>	<a href="#">General population</a>	—	—	<a href="#">Yes</a>	—	<a href="#">English</a>
Canadian Mental Health Association PEI	<a href="https://pei.cmha.ca">pei.cmha.ca</a>	CHMA PEI is an organization that has many mental health resources, services, and projects.	<a href="#">Prince Edward Island</a>	<a href="#">Resource hub</a>	<a href="#">Wellness support</a>	<a href="#">General population</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">English</a>
Canadian Red Cross PEI Friendly Calls	<a href="tel:1-833-729-0144">1-833-729-0144</a>	The Friendly Calls program matches callers with trained Red Cross personnel who connect with them regularly to check in, provide emotional support, encourage healthy coping strategies, and suggest well-being resources and community connections to other existing services. Open Monday to Friday, 8:30 a.m. to 4:30 p.m.	<a href="#">Prince Edward Island</a>	<a href="#">Telephone</a>	<a href="#">Wellness support</a>	<a href="#">General population</a>	<a href="#">Yes</a>	—	—	—	<a href="#">English, French</a>
CMHA PEI: Peer Support	<a href="https://pei.cmha.ca/find-help/peer-support">pei.cmha.ca/find-help/peer-support</a>	CMHA PEI offers peer support groups — hosted by trained specialists with their own lived experience — to cope	<a href="#">Prince Edward Island</a>	<a href="#">In-person service</a>	<a href="#">Peer support</a>	<a href="#">General population</a>	<a href="#">Yes</a>	—	—	—	<a href="#">English</a>

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with mental health challenges.

Government of PEI: Mental Health Support and Services	<a href="https://princeedwardisland.ca/en/information/health-pe/mental-health-support-and-services">princeedwardisland.ca/en/information/health-pe/mental-health-support-and-services</a>	Many mental health resources, services, and ways to access counselling in PEI.	<a href="https://princeedwardisland.ca/en/information/health-pe/mental-health-support-and-services">Prince Edward Island</a>	<a href="#">Resource hub</a>	<a href="#">Wellness support</a>	<a href="#">General population</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">English, French</a>
Health PEI: First Nations Mental Health Resources	<a href="https://src.healthpei.ca/first-nations-mental-health-and-culturally-appropriate-resources">src.healthpei.ca/first-nations-mental-health-and-culturally-appropriate-resources</a>	Provides information on mental wellness, contact information for counselling, and other programs in PEI.	<a href="https://src.healthpei.ca/first-nations-mental-health-and-culturally-appropriate-resources">Prince Edward Island</a>	<a href="#">Resource hub</a>	<a href="#">Wellness support</a>	<a href="#">Indigenous population</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	—	<a href="#">English</a>
Mental Health and Addictions Open Access Counselling	<a href="https://princeedwardisland.ca/en/information/health-pe/mental-health-and-addictions-open-access-counselling">princeedwardisland.ca/en/information/health-pe/mental-health-and-addictions-open-access-counselling</a>	Drop-in clinics in PEI for mental health and addictions.	<a href="https://princeedwardisland.ca/en/information/health-pe/mental-health-and-addictions-open-access-counselling">Prince Edward Island</a>	<a href="#">In-person service</a>	<a href="#">Counselling</a>	<a href="#">General population</a>	<a href="#">Yes</a>	—	—	—	<a href="#">English, French</a>
PEI Mental Health and Addictions Access Line	<a href="https://1-833-553-6983">1-833-553-6983</a>	Calls answered by trained mental health professionals. Available 24/7	<a href="https://1-833-553-6983">Prince Edward Island</a>	<a href="#">Telephone</a>	<a href="#">Wellness support and addiction support</a>	<a href="#">General population</a>	<a href="#">Yes</a>	—	—	—	<a href="#">English</a>
The Island Helpline	<a href="https://1-800-218-2885">1-800-218-2885</a>	24/7 helpline for confidential emotional support. Any age.	<a href="https://1-800-218-2885">Prince Edward Island</a>	<a href="#">Telephone</a>	<a href="#">Wellness support</a>	<a href="#">General population</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	<a href="#">Yes</a>	—	<a href="#">English</a>