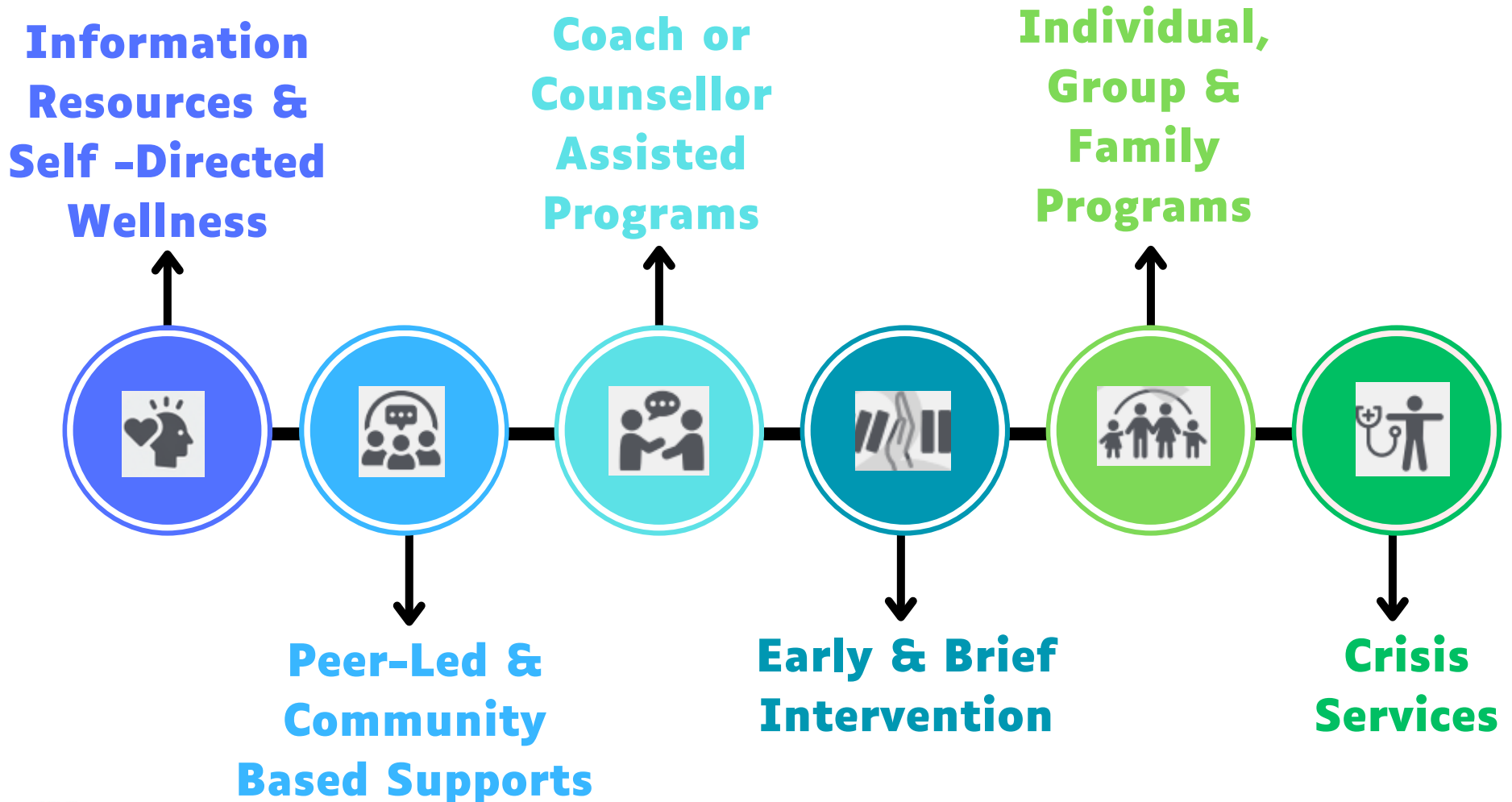


# PEI GAMBLING SUPPORTS

## Care Pathway



## **INFORMATION RESOURCES & SELF-DIRECTED WELLNESS**

Phone, online or in-person. Self-paced and can be accessed at anytime. Providing information and education.

- Gambling Support Line: #1-855-255-4255
- #811 Tele-Health PEI non-emergency phone line
- #211 PEI community resource assistance
- www.PEIGamblingSupport.com
- ALC/Red Shores PlayWise Program
- Bridge The Gapp
- PEI Helping Tree
- Printed Resources through the Gambling Support Unit
- Staying on Track: A Guide to Remain Gambling Free
- Get Help Here: Mental Health Support (Government of Canada)
- physical activity
- social connections

## **PEER-LED & COMMUNITY- BASED SUPPORTS**

Community resources that include peer support.

- PEI Gambling Support Groups:
  - > Charlottetown Thurs 4:30-6pm. #902-368-4287
  - > Summerside Thurs 5-6pm #902-432-2589
- Mental Health and Addictions peer group offerings at Provincial Addictions Treatment locations
- Gamblers Anonymous
- SMART Recovery
- Gam-Anon

## **COACH OR COUNSELLOR- ASSISTED PROGRAMS**

Combination of self-directed materials (e.g., workbooks, etc.) and connection with professional. These programs can be accessed in individual or group settings.

- MH&A Patient Navigator #902-218-3289
- 1-to-1 Counselling Services (PATF & community mental health)
- CRAFT program for loved ones of Gamblers
- Education/Workshops through Gambling Support Unit Educator Nora McCarthy Joyce #902-213-3529

## **EARLY & BRIEF INTERVENTION**

Resources that quickly support gambling concerns and connect individuals with other steps of care as needed. These services are accessed one session at a time, as many times as needed.

- Mental Health Walk in Clinics
- MH&A Programs and Day Treatment
- MH&A Phone Line
- Student Well-Being Teams
- Indigenous Health Programs/Navigators
- EAP for Govt Employees
- Primary Care Provider
- #811 Tele-Health PEI non-emergency phone line

## **INDIVIDUAL, GROUP & FAMILY PROGRAMS**

Services provided on a continuing basis, typically to address concerns that require longer-term, higher intensity support or therapy. Individuals and clinicians focus on specific goals within a specific timeframe.

- Community Counselling
- MH&A group programs (CBT, DBT, etc.)
- Addictions Intensive Day Program

## **CRISIS SERVICES**

Crisis services support individuals during times of crisis through telephone or in-person support. They provide immediate safety support and connection to resources.

- Emergency Departments
- #911 Emergency Services
- Mental Health and Addictions Access Line #1-833-553-6983
- Mobile Mental Health Response Service #1-833-553-6983
- #988 Suicide Crisis Helpline