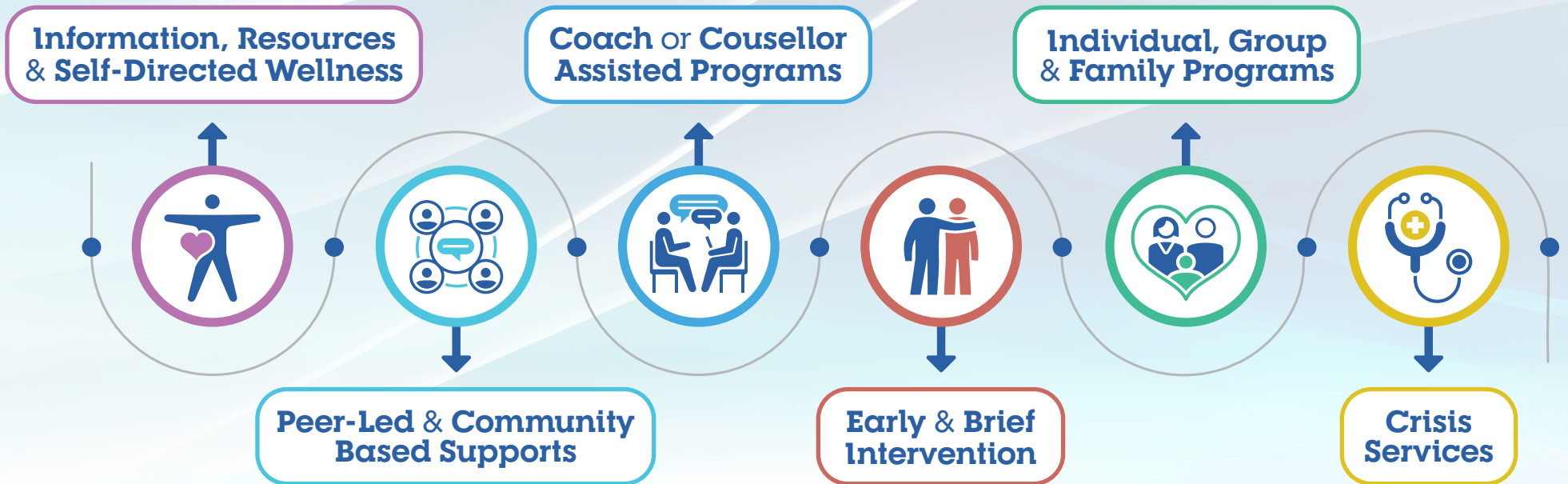


PEI GAMBLING SUPPORTS

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 & Addictions Open Access Clinics. (No appointment required)
- 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

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

