

THE PEI HELPING TREE

The PEI Helping Tree is designed to inform Islanders of the many helping resources available on Prince Edward Island. If you or someone you care about is experiencing a problem in any of the areas listed, follow the arrows on the flow chart to find resources that may help. There are times in everyone's lives when we need to reach out to others - sometimes it's just a matter of knowing how to contact them. **If you are still uncertain of where to turn, please call the Island Helpline at 1-800-218-2885, available toll free, 24 hours a day.**

REACHING OUT FOR HELP IS A CRITICAL STEP IN SUICIDE PREVENTION

