



*"I was a high school basketball star. My parents were always there for me. It started in grade 9. Getting drunk was a rite of passage. This is hard ... I was trying to quit, but while on cocaine, I stole my Aunt's car and crashed it. With family support, I've been clean for 2 years. I have 2 kids under 3 and every day is a struggle not to use."*

**That's my story and it's real. - PEI Youth, age 20**

**just talk**

It always starts simply and innocently enough. It can easily end in harm and/or addiction. ***It doesn't have to.***

Need help? Contact the people who can help:

**Alberton**  
Western Hospital  
(902) 853-8670

**Summerside**  
Prince County Hospital  
(902) 888-8380

**Charlottetown**  
Provincial Addictions  
Treatment Facility  
1-888-299-8399

**Montague**  
Addiction Services  
Douses Road  
(902) 838-0960

**Souris**  
Addiction Services  
Souris Hospital  
(902) 687-7110



Department of Health

ONE ISLAND FUTURE



ONE ISLAND HEALTH SYSTEM