



“It was a bad place where I lived . . . I just started smoking weed in the woods with my friends. I really didn’t know the difference between pot and cigarettes ...but I didn’t stop and think about it, I just did it. Then one day when I was 14 or 15, I felt really weird . . . There I was all freaked up and thinking I was having the best day. I WAS SO WRONG.

It went from there to shrooms, alcohol and one day I just decided to check out this guy who helps kids and he’s helped me a lot. It has become very important to me to honour my culture. Now I have plans . . . I have plans.

That’s my story and it’s real” - PEI Youth, age 20



justtalkpei.ca

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

Need help? Contact Addiction Services:

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|---|---|--|--|--|
| 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 |
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Health PEI



Liquor Control Commission

Scan here.

