



**“We all have a story to tell ...** I have too many. My *“friends”* trashed my Mom’s place and I was assaulted while passed out. I got my head smashed in. I threw up in an ambulance. There’s a lot I don’t remember. You wouldn’t believe the stupid things you do when you’re drunk.

I have been drinking way too much since grade 6 or 7. Thanks to the help I got, most days I now know when to stop.

That’s my story and it’s real” - PEI Youth, age 17

**just talk**

It always starts simply and innocently enough. It can easily end in harm and/or addiction.

***It doesn’t have to.***

[justtalkpei.ca](http://justtalkpei.ca)

Need help? Contact Addiction Services:

**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

**Health PEI**



Liquor Control  
Commission

Scan here.



ONE ISLAND FUTURE



ONE ISLAND HEALTH SYSTEM