



"Some kids offered me pills in grade seven. I got into drugs hard and fast. I didn't plan to ... who plans anything when they're 13. By the time my family tried to talk me out of it, it was too late. I didn't want to disappoint them. I can't tell you when it changed from just a bit of fun into a dangerous lifestyle. My turning point came when I stole \$1000 from my grandparents ... so much for not disappointing."

That's my story and it's real - PEI Youth, age 18

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