

Confidential Services and Supports

Mental Health and Addictions Information Line

1-833-533-9333

Calls are answered by trained mental health and addictions staff. Available 8 a.m. – 4 p.m. Monday to Friday .

The Island Helpline

1-800-218-2885 (toll-free)

Available 24-hours, seven days a week

Kids Help Phone

Arabic Interpretation Available.

1-800-668-6868 (toll-free)

Available 24 hours, seven days a week

McGill Community Mental Health

Walk-In Clinic Available

55 McGill Avenue

Charlottetown, PE C1A 7N8

Telephone: (902) 368-4911

Richmond Centre

Walk-In Clinic Available

1 Rochford Street

Charlottetown, PE C1A 7N8

Telephone: (902) 368-4430

2-1-1 Information Line

<https://pe.211.ca/>

Telephone: 2-1-1

Available 24 hours, 7 days a week.

Prince County Hospital

65 Roy Boates Avenue

Summerside, PE C1N 2A9

Telephone: (902) 888-8180

PEI Association for Newcomers to Canada

Family Counselling

49 Water Street

Charlottetown, PE

Telephone: (902) 628-6009 ext. 234

Public Schools Supports

All schools in the public schools branch have access to the following services to support your child and family:

- School Guidance Counsellor(s)
- Student Well-Being Teams
- School Youth Workers

PEI Association for Newcomers to Canada

49 Water Street

Charlottetown, PE

C1A 1A3

Phone: 902-628-6009

E-mail: info@peianc.com

Mental Health and Well-Being Service Information





Arriving in Canada

This is a very exciting time for the whole family! You have completed your travels and arrived in your new home country. You are likely feeling happy and adventurous. This is what we call the honeymoon phase! This period of time on average lasts from arrival up to six months after your arrival.

Unfortunately, for many people, after this initial honeymoon phase comes an experience of culture shock and this is known as the crisis phase.

During this phase, you may feel frustrated, confused, annoyed, alone and homesick. Taking care of your mental health is just as important as taking care of your physical health. It is important to reach out for support if this sounds like you or someone you know.

Common Mental Health Concerns

Depression

- Always feeling sad, anxious or empty.
- Feeling hopeless and negative.
- Feeling guilty or unworthy.
- Loss of interest in previously enjoyed activities.
- Constantly feeling tired, slowed down.
- Unable to concentrate or make decisions.
- Insomnia (difficulty sleeping), or over sleeping.
- Loss of appetite or over eating.
- Thoughts about death and suicide/ suicide attempts.
- Restlessness or irritability.

Anxiety

- Feeling irritable, nervous or on edge.
- Having a sense of impending danger or panic.
- Increased heart rate.
- Difficulty breathing.
- Feeling weak or tired.
- Unable to concentrate.
- Trouble sleeping.
- Stomach upset.

Post-Traumatic Stress

- Intrusive memories.
- Avoidance.
- Always being on guard for danger.
- Not sleeping well.
- Easily startled.
- Aggressive behavior.

Family and Parenting Concerns

Many families struggle to adjust to the new laws and expectations placed on them once they have arrived in a new country. Legally, it is your responsibility to learn about these laws but we understand that this can be challenging.

The PEI Association for Newcomers to Canada offers a series of workshops and seminars to support newly arrived families in establishing new parenting approaches that fit into the Canadian expectations of zero tolerance for violence.

Once you have arrived you may want to look into joining a workshop on Canadian Parenting Expectations (offered in many languages), as well as a Positive Parenting Program (Triple P). Both of these programs are available through the PEI Association for Newcomers to Canada.

Other community programs also offer parenting supports including Chances Family Resource Centre, the Student Well-Being Teams, The Strongest Families Program and Family Ties.

Access to interpretation for these programs vary, however, interpretation is always available for programs and services available here at PEIANC.

