

## **PRINCE EDWARD COUNTY SUPPORT for STUDENTS AND FAMILIES**

### **Where Can I get Health Advice?**

<b>Hastings &amp; Prince Edward Counties Health Unit</b>	613-476-7471
<b>Poison Control Centre</b>	1-800-268-9017
<b>Prince Edward Family Health Team</b>	613-471-1100
<b>Quinte Health Care Prince Edward County Memorial Hospital</b>	613-476-1008
<b>Telehealth</b>	1-866-797-0000

### **Where Can I Go for Support Services?**

<b>Addictions Centre (Hastings/Prince Edward Counties) Inc.</b>	613-969-0077
<b>AIDS Hotline</b>	1-800-668-2437
<b>Alcoholics Anonymous, Alateen, Al-Anon</b>	613-962-8700
<b>Alternatives for Women in Prince Edward County</b>	613-476-2787
<b>Children's Mental Health Services</b>	613-476-8252
<b>Community Advocacy &amp; Legal Centre</b>	613-966-8686
<b>Counselling Services of Belleville &amp; District</b>	613-476-7471
<b>Crisis Intervention Hastings/Prince Edward</b>	1-888-757-7766
<b>Drug &amp; Alcohol Information Line</b>	1-800-463-6273
<b>Gay Lesbian Bisexual Youth Line</b>	1-800-268-9688
<b>Kids Help Phone</b>	1-800-668-6868
<b>Mental Health Services Hastings Prince Edward Corp</b>	613-476-2990
<b>Sexual Assault Centre for Quinte &amp; District</b>	1-800-909-7007
<b>Three Oaks Foundation</b>	613-473-1976
<b>Youth Habilitation Quinte Inc.</b>	613-473-0400

### **Aboriginal Resources**

<b>Path to Wisdom</b>	613-967-2003
<b>Red Cedars Shelter (Domestic Abuse)</b>	613-967-3603
<b>Toll Free – Crisis #</b>	1-800-672-9515
<b>Tyendinaga Health Centre</b>	613-967-3616
<b>Tyendinaga Social Services</b>	613-967-2122
<b>Tyendinaga Justice Circle</b>	613-396-2122
<b>Tyendinaga Mohawk Family and Children Services Crisis Line</b>	613-967-2003

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## **Websites**

### **Internet Safety Websites**

- [www.cybertipline.com](http://www.cybertipline.com)
- [www.cybertip.ca](http://www.cybertip.ca)
- [www.cyberbullying.ca](http://www.cyberbullying.ca)
- [www.deal.org](http://www.deal.org)
- [www.cyberwise.ca](http://www.cyberwise.ca)
- [www.internet101.ca](http://www.internet101.ca)
- [www.prevnet.ca](http://www.prevnet.ca)

### **Support for Victims of Bullying and Inequity**

- [www.kidshelpphone.ca](http://www.kidshelpphone.ca)
- [www.equalityrules.ca](http://www.equalityrules.ca)

### **Healthy Sexuality Website**

- [www.sexualityandu.ca](http://www.sexualityandu.ca) is a very useful website both for youth, professionals and parents