OTHER IMPORTANT INFORMATION

Urgences-Santé 9-1-1 (health emergencies)

Emergency hotline available 24/7 for a rapid response from police, firefighters, and ambulance technicians.

Centre anti-poison du Québec (poison control centre)

Emergency hotline available 24/7 for poisonings and intoxications.

1800463-5060

Ligne Abus Aînés (elder abuse victims)

Provincial helpline and referral service for those seeking support and information in cases of elder abuse available 7 days a week from 8 a.m. to 8 p.m.

1888489-2287

Youth protection

When concerned about a child's safety. Your intervention will remain absolutely confidential. You can call 24 hours per day, 7 days a week.

1 800 463-1029

SOS violence conjugale

(spousal abuse victims)

Helpline for victims of spousal abuse. Call if you are a victim or a witness of spousal abuse. Available 7 days a week from 9 a.m. to 9 p.m.

1800363-9010

Drop-in clinics business hours santeestrie.qc.ca/clinique

CARE OR SERVICES SATISFACTION

Contact your local service quality and complaints commissioner by dialing 1 866 917-7903 or fill out the complaints form available at santeestrie.qc.ca

Centre intégré universitaire de santé et de services sociaux de l'Estrie - Centre hospitalier universitaire de Sherbrooke



USEFUL CONTACTS

CLSC:	-
Family physician:	
	-
Pharmacy:	

For further information visit santeestrie.qc.ca

about health care and services.

YOUR SIMPLIFIED GUIDE

DO YOU REQUIRE **HEALTH CARE SERVICES?**

Your options if you are WORRIED

Dial 8-1-1 for Info-Santé or Info-Social

Non-urgent health problems Psvchosocial problems

1 866 APPELLE I 1 866 277-3553

if you or someone you know has suicidal thoughts

Call your pharmacist for medications or for advice

Call the medical clinic of your family physician (GMF, family medicine group)

If you need a **FAMILY PHYSICIAN**

Enroll with the family physician access registry (GAMF):

gamf.gouv.qc.ca

Requests are prioritized according to your health status. Possibility of a check-up with a nurse.

Your options if you are ILL

Dial 8-1-1 for Info-Santé



Call your pharmacist



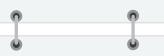
Read the Decision Assistant if you have flu or gastroenteritis symptoms santeestrie.qc.ca/



Schedule an appointment with your family physician (GMF)



Visit a drop-in clinic santeestrie.qc.ca/clinique



Go to the emergency room as a last resort or for medical emergencies



Your options if you require CARE or a SERVICE

Go to the health reception desk of your CLSC (by appointment) for:

- Wound care
- Ear irrigation
- Screening
- Removal of stitches
- Change of dressing (bandaging)
- And much more!





Go to the psychosocial reception desk of your CLSC for:

- Depression
- Bereavement
- Social support
- Stable mental health problem
- Relationship problems
- Crisis or difficult situation
- Addictions (drug, alcohol, etc.)
- Family issues





Go to your CLSC to monitor or follow up on your chronic disease:

- Tobacco cessation
- Diabetes
- Nutrition, weight loss
- Heart problems
- Respiratory problems
- Kidney problems
- Hypertension

Your options for your OTHER NEEDS

Prescription renewals

• At your pharmacy or at a drop-in clinic if I do not have a family physician

Travel advice or vaccines for a trip

- Pharmacy
- International traveller's clinic

General immunization or flu shots

• Your CLSC

Youth clinic (25 years or younger)

• Screening and prevention of sexually transmitted and blood-borne infections

Contraception

• Morning-after pill: pharmacy, CLSC or youth clinic

Interruption of pregnancy

Planned parenthood clinic

Pregnancies

• santeestrie.qc.ca

Forms for the Société de l'assurance automobile du Québec (SAAQ)

Contact your family physician or go to a drop-in clinic (\$)

Equipment loans

From your CLSC if you receive home care or home support services.

In all other cases, go to a pharmacy or a specialized shop.

Find your service location

TERRITORY	CLSC	TEL.
VAL-SAINT-FRANÇOIS	CLSC de Windsor CLSC Richmond CLSC - Centre d'hébergement de Valcourt	819 542-2777
DU GRANIT	CLSC Saint-Ludger CLSC Lambton CSSS du Granit (Lac-Mégantic)	819 583-2572
HAUT-SAINT-FRANÇOIS	CLSC East Angus CLSC Weedon CLSC de la Patrie CLSC Cookshire	819 821-4000
		/F0.0/0./00/
	CLSC Bedford	450 248-4304
	CLSC Lac-Brome	450 242-2001
LA POMMERAIE	CLSC Farnham	450 293-3622
	CLSC Sutton CLSC Cowansville-Larouche CLSC Cowansville-du-Sud	450 266-4342
HAUTE-YAMASKA	CLSC Yvan-Duquette CLSC Notre-Dame CLSC Saint-Joseph CLSC Robinson Sud	450 375-1442
	CLSC Waterloo	450 539-3340
	CLSC Bromont	450 534-1248
COATICOOK	CLSC de la MRC-de-Coaticook	819 849-4876
	ozoo de la linto de odditecon	017 047 4070
MEMPHRÉMAGOG	CLSC Memphrémagog	819 843-2572
ASBESTOS	Hôpital, CLSC et centre d'hébergement d'Asbestos	819 879-7151
	Planned parenthood clinic	819 565-0767
	Clinique des jeunes	317 000 0707
SHERBROOKE	CLSC Speid	
	CLSC Speid CLSC King Est	819 780-2220
	CLSC Camirand (50)	
	International traveller's clinic	819 564-5160