

## OTHER CLSCS IN THE DES COLLINES AREA

- **CLSC Chelsea**  
490 Route 105, Suite 201  
Chelsea QC J9B 1L2  
Toll-free phone number: 1-844-966-6632
- **CLSC Cantley**  
850 Montée de la Source  
Cantley QC J8V 3H4  
Toll-free phone number: 1-844-966-6631
- **Centre multiservices de santé et de services sociaux de La Pêche**  
9 Passe-Partout Rd.  
La Pêche, QC J0X 2W0  
Toll-free phone number: 1-844-966-6634

## DID YOU KNOW THAT

- **CLSC Val-des-Monts can provide you with care and services, regardless of where you live.** To obtain a service, you must have your valid health insurance card on hand. The CLSC can help you renew or obtain a health insurance card.
- If you are concerned or have questions about your physical or psychological health or that of a loved one, you can call **811, option 2**. This service is free, confidential and available **24/7**. Depending on your need, a nurse or social worker can advise you and direct you to the appropriate resources: you can put in a request by calling 811.

Centre intégré  
de santé  
et de services sociaux  
de l'Outaouais  
Québec

# Services to the Community

## CLSC VAL-DES-MONTS

[ciss-ouataouais.gouv.qc.ca/CLSC](http://ciss-ouataouais.gouv.qc.ca/CLSC)



INFO-SANTÉ  
INFO-SOCIAL

811  
1-866-567-4036



SUICIDE  
PREVENTION LINE

1-866-Appelle (provincial number)  
1-866-277-3553

THE ELDER  
MISTREATMENT HELPLINE

1-888-489-2287 (provincial number)

## CONTACT INFORMATION

1884 Route du Carrefour  
Val-des-Monts QC J8N 7N5  
Toll-free phone number: 1-844-966-6633

## HOURS OF OPERATION AND HOLIDAYS

- Open Monday to Friday, 8:30 a.m. to 4:30 p.m. Closed at lunch from 12 noon to 1:00 p.m.
- Holiday schedules can vary, depending on the services. Contact the CLSC before heading out.

## ACCESSIBILITY AND PARKING

- Accessible for people in a wheelchair: access ramp at the main entrance and accessible washroom.
- Parking: free.

## MAKING AN APPOINTMENT

- **Note:** Different phone numbers are available, depending on the type of appointment. When you call the CLSC, your call will be transferred or you will be given another number to call in order to guide you properly.
- If you're looking for a service that isn't available at the CLSC, call 811, option 2.

SERVICES AVAILABLE AT THE CLSC	NUMBERS TO CALL	WITHOUT APPOINTMENT	WITH APPOINTMENT
<b>Free injection equipment and bin</b> for holding used syringes, needles and lancets	Go right to the CLSC	✓	
<b>Blood samples</b>	1-855-959-2610		Thursday, 8:30 - 11:00 a.m. ✓
<b>Adult vaccinations</b>	1-855-959-2610		✓
<b>Infant and child vaccinations</b>	1-855-959-2610		✓
<b>Common health services</b> (e.g. removal of staples and stitches, wound care, injections)	For users without a referral, contact the Des Collines area appointment centre at 819-459-2610 or at 1-855-959-2610.  For users with a referral, your requesting physician will send your requisition to the ambulatory physical health clinic, which will contact you to tell you how to make an appointment.		<i>On weekends and holidays, common health services are provided at Wakefield Hospital</i> ✓
<b>Sexual health and sexually transmitted and blood-borne infections (STBBI) / Services for clients age 12 to 24:</b> counselling, STBBI screening and follow-up as needed, pregnancy testing, emergency contraception (morning-after pill), prescription for a hormonal contraceptive  <i>*These sexual health and STBBI services are also available in a number of public high schools through the school nurse.</i>	819-966-6569		✓
<b>Falls Prevention Program</b> (age 55 and older)	To register or for information: 819-459-1112 ext. 337803		✓
<ul style="list-style-type: none"> <li>• <b>Follow-up during pregnancy and at birth</b></li> <li>• <b>Breastfeeding tips</b></li> <li>• <b>Child nutrition and development (age 0 to 5)</b></li> <li>• <b>Support for families and young people in difficulty</b></li> <li>• <b>Speak with a social worker</b></li> <li>• <b>Mental health concerns</b></li> <li>• <b>Addiction problems (alcohol, drugs, gambling)</b></li> <li>• <b>Home support</b> (seniors, people with disabilities, or those needing temporary help such as after an operation)</li> <li>• <b>Support for caregivers</b></li> </ul>	Call 811, option 2		✓
<b>Community organization support:</b> collective actions/social and community development/improving environments conducive to healthy life styles	CLSC 1-844-966-6633		✓