

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

DID YOU KNOW THAT

- **Centre multiservices de santé et de services sociaux de La Pêche health and social services centre 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

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE LA PÊCHE

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

9 Passe-Partout Rd.
La Pêche QC J0X 2W0
Toll-free phone number: 1-844-966-6634

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
Free injection equipment and bin for holding used syringes, needles and lancets	Go right to the CLSC		
Blood samples	1-855-959-2610		Wednesday, 8:30 - 11:00 a.m. 
Adult vaccinations	1-855-959-2610		
Infant and child vaccinations	1-855-959-2610		
Common health services (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> 
Sexual health and sexually transmitted and blood-borne infections (STBBI) / Services for clients age 12 to 24: 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		
Falls Prevention Program (age 55 and older)	To register or for information: 819-459-1112 ext. 337803		
<ul style="list-style-type: none"> • Follow-up during pregnancy and at birth • Breastfeeding tips • Child nutrition and development (age 0 to 5) • Support for families and young people in difficulty • Speak with a social worker • Mental health concerns • Addiction problems (alcohol, drugs, gambling) • Home support (seniors, people with disabilities, or those needing temporary help such as after an operation) • Support for caregivers 	Call 811, option 2		
Community organization support: collective actions/social and community development/improving environments conducive to healthy life styles	CLSC 1-844-966-6634		