

## OTHER CLSCS IN THE PONTIAC AREA

- **CLSC Quyon**  
1164 Clarendon St.  
Quyon QC J0X 2V0  
Phone number: 819-458-2848
- **Centre multiservices de santé et des services sociaux de Mansfield-et-Pontefract**  
160 La Chute Rd.  
Mansfield-et-Pontefract QC J0X 1R0  
Phone number: 819-683-3000 or 1-800-567-9625
- **CLSC Otter Lake**  
340 Martineau Ave.  
Otter Lake QC J0X 2P0  
Phone number: 819-453-7392
- **CLSC Rapides-des-Joachims**  
48-A, l'Église St.  
Rapides-des-Joachims QC J0X 3M0  
Phone number: 613-586-2357
- **CLSC et centre de services externes pour les aînés de Shawville**  
290 Marion St.  
Shawville QC J0X 2Y0  
Phone number: 819-647-3553

## DID YOU KNOW THAT

- **CLSC Chapeau 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 CHAPEAU

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



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Québec

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

72 Saint-Patrick St.  
L'Isle-aux-Allumettes QC J0X 1M0  
Phone number: 819-689-5080

## HOURS OF OPERATION AND HOLIDAYS

- **Open Tuesday to Friday, 8:00 a.m. to 4:00 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   | CLSC 819-689-5080   | Tuesday, 8:00 - 11:00 a.m. ✔ |   |
| Vaccinations  | CLSC 819-689-5080   |                              | ✔   |
| Common health services<br>(e.g. removal of staples and stitches, wound care, injections)  | CLSC 819-689-5080   |                              | On weekends and holidays, common health services are provided at the Mansfield-et-Pontefract Multi-Service Health and Social Services Centre. ✔ |
| 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<br><br><i>*These sexual health and STBBI services are also available in a number of public high schools through the school nurse.</i>   | 819-683-3000 ext. 280<br>or<br>1-800-567-9625 ext. 280    |                              | ✔   |
| Falls Prevention Program (age 55 and older)   | To register or for information:<br>819-647-3851 ext. 2521 |                              | ✔   |
| <ul style="list-style-type: none"> <li>• Follow-up during pregnancy and at birth</li> <li>• Breastfeeding tips</li> <li>• Child nutrition and development (age 0 to 5)</li> <li>• Support for families and young people in difficulty</li> <li>• Speak with a social worker</li> <li>• Mental health concerns</li> <li>• Addiction problems (alcohol, drugs, gambling)</li> <li>• Home support (seniors, people with disabilities, or those needing temporary help such as after an operation)</li> <li>• Support for caregivers</li> </ul> | Call 811, option 2  |                              | ✔   |
| Community organization support: collective actions/social and community development/improving environments conducive to healthy life styles   | CLSC 819-689-5080   |                              | ✔   |