

## 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.

## OTHER URBAN CLSCS

- **Centre multiservices de santé et de services sociaux de Gatineau**  
777 La Gappe Blvd.  
Gatineau QC J8T 8R2  
Phone number: 819-966-6550
- **CLSC LeGuerrier**  
425 LeGuerrier St.  
Gatineau QC J9H 6N8  
Phone number: 819-966-6540

## DID YOU KNOW THAT

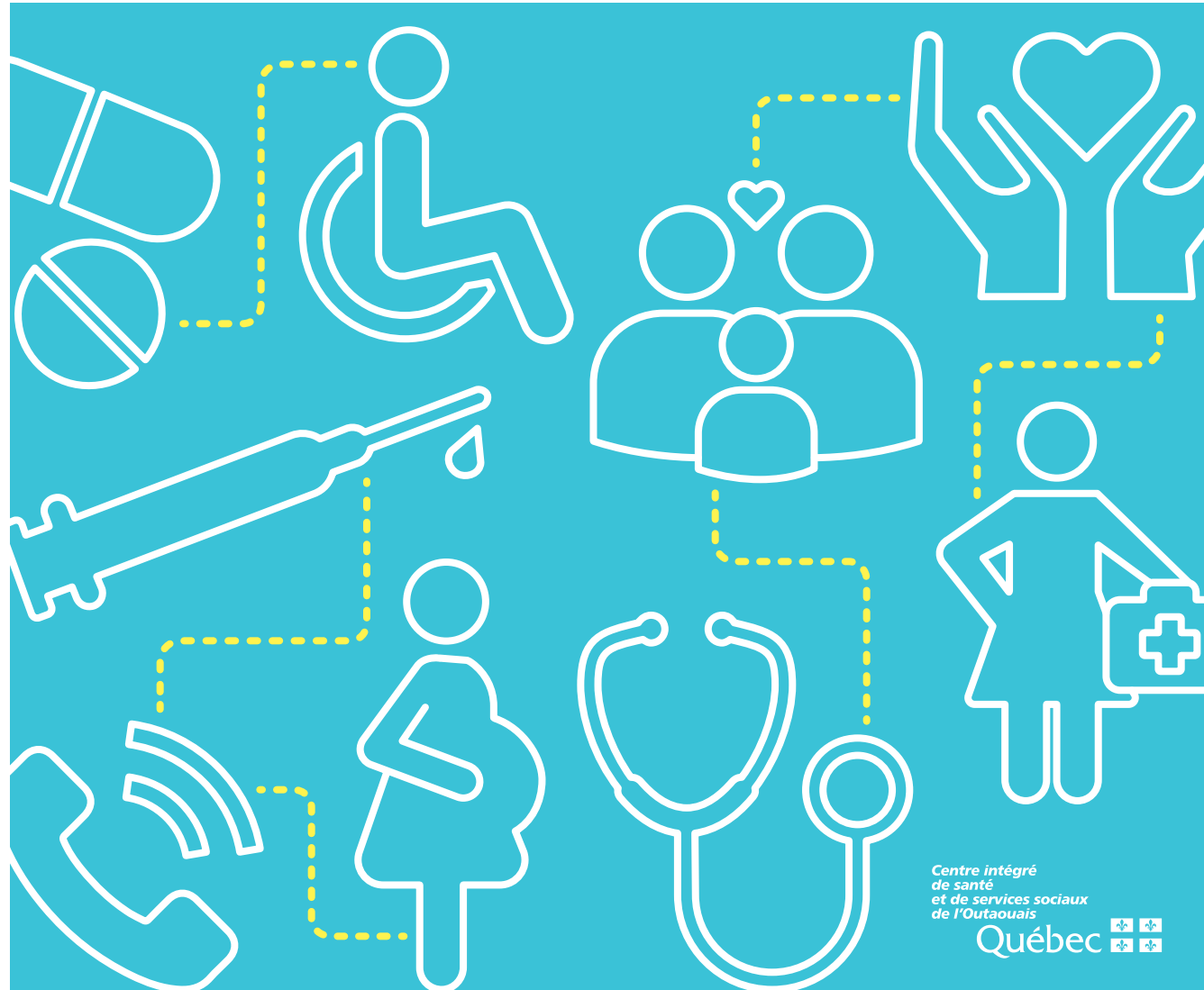
- **CLSC Saint-Rédempteur provides you with care and services, regardless of where you live.**  
To obtain a service, you must have your valid health insurance card on hand. The CLSC can help you renew or obtain a health insurance card.
- If you are concerned or have questions about your physical or 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 SAINT-RÉDEMPTEUR

[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

**85 Saint-Rédempteur St.  
Gatineau QC J8X 4E6  
Phone number: 819-966-6510**

## HOURS OF OPERATION AND HOLIDAYS

- **Open Monday to Friday,  
8:00 a.m. to 9:00 p.m.**
- **By appointment on Saturdays, Sundays  
and holidays from 8:30 a.m. to 4:30 p.m.**  
The time slots on weekends and holidays  
are reserved for common health services  
(e.g. removal of staples and stitches,  
wound care, injections).
- Holiday schedules can vary, depending  
on the services. Contact the CLSC before  
heading out.

## ACCESSIBILITY AND PARKING

- Accessible for people in a wheelchair:  
elevator, access ramp at the main  
entrance, accessible washroom, and  
reserved parking.
- Pay parking.

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	✓	
Services for homeless people	Go right to the CLSC	Monday to Friday, 8:30 a.m. to 4:30 p.m. ✓	
Health services for refugees and refugee claimants	CLSC 819-966-6510		Monday to Friday, 8:30 a.m. to 4:30 p.m. ✓
Common health services (e.g. removal of staples and stitches, wound care, injections)	819-966-6512, option 1		Monday to Friday, 8:30 a.m. to 9:00 p.m. ✓ Saturday and Sunday/ holidays, 8:30 a.m. to 4:30 p.m. ✓
Adult vaccination clinic	819-966-6512		Monday, Tuesday and Thursday, 12 noon to 8:00 p.m. ✓
Infant and child vaccinations	CLSC 819-966-6510		✓
Help to quit smoking	819-966-6696 and leave a message to make an appointment		✓
Falls Prevention Program (age 55 and older)	To register or for information: 819-966-6530, ext. 337114		✓
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>	819-966-6532 or 1-800-463-6066 For people age 12 to 24: 819-966-6569	Tuesday: 10:00 a.m. to 6:00 p.m. (closed 1:20 to 2:30 p.m.) ✓ Thursday: 1:20 to 8:30 p.m. (closed 4:10 to 5:30 p.m.)	Monday: 8:30 a.m. to 4:30 p.m. Wednesday: 1:00 to 9:00 p.m. ✓ For people age 12 to 24: Wednesday: 9:00 a.m. to 3:30 p.m. ✓ Thursday: 8:30 to 11:30 a.m.
<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>	Dial 811, option 2		✓
Community organization support: collective actions/social and community development/improving environments conducive to healthy life styles	CLSC 819-966-6510		✓