

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

- **CLSC Saint-Rédempteur**
85 Saint-Rédempteur St.
Gatineau QC J8X 4E6
Phone number: 819-966-6510
- **CLSC LeGuerrier**
425 LeGuerrier St.
Gatineau QC J9H 6N8
Phone number: 819-966-6540

DID YOU KNOW THAT

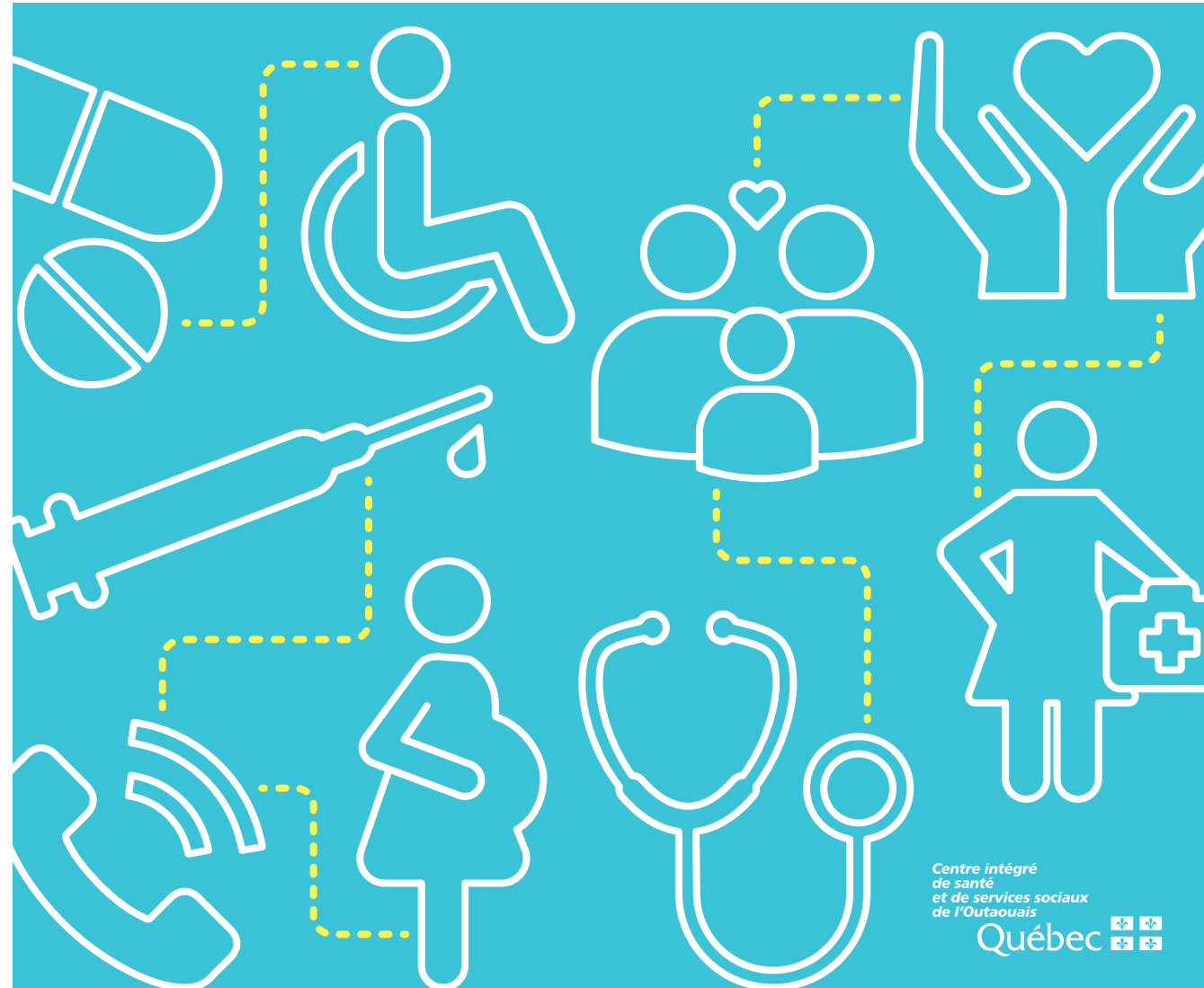
- **Centre multiservices de santé et de services sociaux de Gatineau can provide you with care and services, regardless of where you live.**
To obtain a service, you must have your valid health insurance card on hand. The CLSC can help you renew or obtain a health insurance card.
- If you are concerned 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 GATINEAU

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










777 La Gappe Blvd.
Gatineau QC J8T 8R2
Phone number: 819-966-6550

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, 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 wheelchairs: 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		
Infant and child vaccinations	CLSC 819-966-6550		
Common health services (e.g. removal of staples and stitches, wound care, injections)	819-966-6595, option 1		Monday to Sunday (7 days a week) 8:30 a.m. to 9:00 p.m. 
Antibiotic treatment clinic	819-966-6595, option 1		Monday to Sunday (7 days a week) 7:30 a.m. - 9:00 p.m. 
Chronic diseases and nutrition	CLSC 819-966-6550		Monday to Friday 
Help to quit smoking	819-966-6696 and leave a message to make an appointment		
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		Monday to Friday, 9:00 a.m. to 3:30 p.m. 
Falls Prevention Program (age 55 and older)	To register or for information: 819-966-6530, ext. 337114		
<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 819-966-6550		