

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 CLSCS IN THE GATINEAU VALLEY AREA

- **CLSC Gracefield**
12-A Main St.
Gracefield QC J0X 1W0
Phone number: 819-463-2604
- **CLSC Maniwaki**
149 Main St. N.
Maniwaki QC J9E 2B7
Phone number: 819-449-2513

DID YOU KNOW THAT

- **CLSC Low 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 LOW

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

334 Route 105
Low QC J0X 2C0
Phone number: 819-422-3548

HOURS OF OPERATION AND HOLIDAYS

- Open Monday 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 wheelchairs: access ramp at the main entrance and accessible washroom.
- Parking: free.

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 819-422-3548		Thursdays, 8:00 to 8:45 a.m. (alternating between Low and Lac Sainte-Marie) ✓
Adult vaccinations	CLSC 819-422-3548		✓
Infant and child vaccinations	819-463-2604		✓
Common health services (e.g. removal of staples and stitches, wound care, injections)	CLSC 819-422-3548		<i>On weekends and holidays, common health services are provided at CLSC Low.</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>	CLSC 819-422-3548		✓
Falls Prevention Program (age 55 and older)	To register or for information: 819-463-2604		✓
<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 819-422-3548		✓