

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 PAPINEAU AREA

- **CLSC et centre d'hébergement de la Petite-Nation**
14 Saint-André St.
Saint-André-Avellin QC J0V 1W0
Phone number: 819-983-7341
- **CLSC Val-des-Bois**
601 route 309
Val-des-Bois QC J0X 3C0
Phone number: 819-454-2355

DID YOU KNOW THAT

- **CLSC Vallée-de-la-Lièvre 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 VALLÉE-DE-LA-LIÈVRE

ciss-ouataouais.gouv.qc.ca/CLSC



Centre intégré
de santé
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de l'Outaouais
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

578 Maclaren St. E.
Gatineau QC J8L 2W1
Phone number: 819-986-3359

HOURS OF OPERATION AND HOLIDAYS

- Open Monday to Friday, 8:00 am to 9:00 pm. Open at lunch time.
- 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.

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	✓	
Adult vaccinations	CLSC 819-986-3359		Services available at Papineau Hospital: Monday to Friday, 8:00 a.m. to 9:00 p.m. ✓
Infant and child vaccinations	819-986-9917 ext. 0		✓
Common health services (e.g. removal of staples and stitches, wound care, injections)	PFor users without a referral, contact the CLSC directly 819-986-3359 ext. 4216. 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.		Services available at Papineau Hospital: Monday to Friday, 8:00 a.m. to 9:00 p.m. Saturday, Sunday and holidays, 8:00 a.m. to 4:00 p.m. ✓
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>	819-966-9917, ext. 0 Monday to Friday, 8:00 a.m. to 9:00 p.m. After 9:00 p.m. and on weekends: 819-966-6569		After 9:00 p.m. and on weekends, leave a message on the answering machine. Call returned within 48 hours. ✓
Falls Prevention Program (age 55 and older)	To register or for information: CLSC 819-986-3359 ext. 6433		✓
<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 	Dial 811, option 2		✓
Community organization support: collective actions/social and community development/improving environments conducive to healthy life styles	CLSC 819-986-3359		✓