



YOUR ALTERNATIVES TO THE ER

Before going to the ER, explore your options!

- Call 811
- Contact your family doctor or CLSC
- Register with the Québec Family Doctor Finder (GAMF)
- Ask your pharmacist for advice
- Refer to physical and mental health self-care guides



[ciss-outaouais.gouv.qc.ca/
vos-alternatives-aux-urgences](https://ciss-outaouais.gouv.qc.ca/vos-alternatives-aux-urgences)

*Centre intégré
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Québec 