



The network clinics in your neighbourhood

Open 7 days a week, including holidays, for walk-in, laboratory and radiology services.

Clinique-réseau Cœur-de-l'Île

529, Jarry East

► **514-277-4111**

Clinique-réseau Forcemedic – site Jean-Talon

1021, Jean-Talon East, suite 200

► **514-787-1818**

Clinique-réseau Papineau

6930, Papineau

► **514-722-0000**

Inscription for walk-in services:

514-316-7250

To get the contact information for all Montréal network clinics, visit santemontreal.ca.

To avoid an unnecessary trip, phone before you go.



Your pharmacist gives great advice

You can also consult your pharmacist about different health problems and about prescription or over-the-counter medications.

santemontreal.ca

Quickly find:

- facilities, services or assistance
- a wide range of health care information

Coping with a chronic disease

We provide support and education services to people with diabetes, asthma, chronic obstructive pulmonary disease, or high blood pressure. Nutritionists, nurses, kinesiologists and respiratory therapists can help you improve your health.

► **514-376-4141, extension 4480**

Choose health!

Have you decided to eat better, get regular exercise or quit smoking? The Health Education Centre can help you adopt a healthy lifestyle. Consultations are offered on a flexible schedule, by appointment.

Health Education Centre and Quit Smoking Centre

► **514-376-2233**

I believe in mammograms. Do you?

Are you a woman between the ages of 50 and 69? It is recommended that you get a mammogram every 2 years. You can talk to a nurse by calling 514-273-4508, extension 1218, or visit santemontreal.ca/pqdc or call **Info Mammo at 514-528-2424**.



Contact information for the CLSCs and the hospital in your neighbourhood

CLSC de La Petite-Patrie

► **514-273-4508**

6520, de Saint-Vallier

CLSC de Villaray

► **514-376-4141**

1425, Jarry East

Centre de prélèvement

(blood samples and other lab services)

► **514-376-4141**

1415, Jarry East

Hôpital Jean-Talon

► **514-495-6767**

1385, Jean-Talon East

Emergency rooms... for emergencies only!

Before going to the emergency room:

- 1 Call **Info-Santé (811)** for information about a health problem, **7 days a week, 24 hours a day**.
- 2 Call your doctor or go to a network clinic. These clinics are open every day of the year for walk-in services and provide lab and radiology services.
- 3 Call **911** if someone's life is in danger or go to the nearest emergency room.

coeurdelile.ca

ACCESS TO
HEALTHCARE
in your
neighbourhood



Centre de santé et de services sociaux
du Cœur-de-l'Île

An open door to health and social services

Are you familiar with your Centre de santé et de services sociaux (CSSS)?

We're here for you from the first moments of pregnancy and throughout different stages of your life.

We're here for Samuel, 9, who has an attention deficit disorder. For José, 32, who's going through depression after losing his job. For Farida, who's almost 40 and just learned she's diabetic. And for Jean-Marie, 82, who can no longer live at home alone.

We are your gateway to services that support you and help you improve your health and well-being.

The Centre de santé et de services sociaux du Cœur-de-l'Île: a partner you should get to know!

coeurdelile.ca



Not sure who to contact?

We can guide you to the right service at the right place, either at our institution or in the community. Call your CLSC or visit coeurdelile.ca.

Looking for a family doctor?

If you don't have a family doctor, you can register for one by filling out the on-line form at coeurdelile.ca/guichet-acces or by calling 514-376-4141, extension 1823. For minor health problems, don't hesitate to see a doctor at a network walk-in clinic near you (see back).

Consult a nurse

Did you know that our CLSCs offer nursing care on a walk-in or appointment basis? You can see a nurse to have a dressing changed or stitches removed or for test. Find out about the types of care available.

► **514-273-4508** (La Petite-Patrie)

► **514-376-4141** (Villeray)

Need to get vaccinated or have a blood sample taken?

Many locations provide free walk-in lab services as well as vaccinations by appointment. Contact your CLSC to get a list of these centres and their hours, or visit coeurdelile.ca.

Don't forget to bring your health insurance card and your doctor's requisition for a lab test.

Baby on the way?

Pregnancy requires so much planning! You can rely on our services developed specifically for future parents: prenatal courses, advice from nurses, breastfeeding help, baby care, infant diets, stimulation workshops, postnatal programs and more. Don't hesitate to contact us.

► **514-273-4508, extension 3350**

For your family

Growing kids mean growing challenges. Our professionals can help you and support you in your role as a parent. Health care, social services and support services are available for all members of your family. Speech therapy services are also available for children up to 5 years old.

For any crisis situations, call your CLSC and ask for the CAFE program or you can call 811.

Just for youth

Adolescence is an important time. It is a stage of life when kids wonder about a lot of things and have many first-time experiences. Self-confidence, romantic relationships, sex, alcohol, drugs, bullying and family problems: no matter what the issue, our professionals are available to support youth and their families. Find out about our services.

► **514-273-4508** (La Petite-Patrie)

► **514-376-4141** (Villeray)

Special help

Children, youth and adults living with intellectual disabilities or pervasive developmental disorders, as well as their families, may need special assistance. Our services are adapted to each stage of their lives and include screening, stimulation workshops, psychoeducation assistance, and social integration support. Visit coeurdelile.ca or call your CLSC.

Life isn't always easy!

No one is immune to depression. Help is available for anyone experiencing mental health problems. This assistance can include meetings with a social worker, a nurse or psychologist, and referrals to individual or family support groups. If you have problems related to alcohol, drugs or gambling, we can help. Find out about the types of services available.

► **514-273-4508** (La Petite-Patrie)

► **514-376-4141** (Villeray)

Violence and abuse are unacceptable!

Quick action must always be taken to address mistreatment, abuse and family or spousal violence. We work with community agencies and with police officers and youth services centres (when necessary) to help victims of all ages.

Psychosocial intake at the CSSS

► **514-273-4508 or 514-376-4141**

Reports to the Director of Youth Protection

► **514-935-6196** (English)

► **514-896-3100** (French)

Elder abuse help line

► **514-489-ABUS**

Emergency

► **911**

Home services

Do you need help to stay at home safely because of an illness or disability or because of age-related problems? Various services are available to you: nursing care, personal hygiene assistance, home adaptations, or respite for your loved ones. Contact us for an evaluation of your needs.

► **514-495-6767, extension 2020**

Need housing?

When living at home is no longer an option, we can help you find a residential facility that fits your needs or the needs of a loved one.

► **514-495-6767, extension 2020**

