



The network clinics in your neighbourhood

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

Clinique Désy

5636 Henri-Bourassa Boulevard East

► **514-326-9060**

Centre d'urgence Salaberry

2758 Salaberry Street, Galeries Normandie

► **514-337-4772**

Groupe Santé Physimed

6363 Transcanadienne Street, Suite 121

► **514-747-8888**

Clinique médicale Le Plein Ciel

475 Côte-Vertu Boulevard

► **514-337-3171**

Centre de médecine familiale St-Laurent

1605 Marcel-Laurin Boulevard

► **514-747-2555**

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 and respiratory therapists can help you improve your health.

► **514-384-2000, extension 7254**

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

► **514-384-2000, extension 7408**

Quit Smoking Centre

► **514-384-2000, extension 7324**

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. Visit santemontreal.ca/pqdc or call **Info Mammo at 514-528-2424**.

IF YOU WANT TO JOIN
AN ORGANIZATION THAT IS KNOWN FOR ITS
CULTURE OF SUCCESS,
SEND US YOUR RESUME TODAY.

By mail:

CSSS d'Ahuntsic et Montréal-Nord, DRH00 – Service de dotation
6500, Henri-Bourassa Boulevard East, Montréal-Nord (Québec) H1G 5W9

By e-mail: dotation.csssamn@ssss.gouv.qc.ca

By fax: 514-327-0700

Contact information

CLSC d'Ahuntsic

► **514-384-2000**

1165 Henri-Bourassa Boulevard East

CLSC de Montréal-Nord

► **514-384-2000**

11441 Lacordaire Boulevard

Monday to Friday: 8:00 a.m. to 8:00 p.m.
Saturday, Sunday and holidays: 8:00 a.m. to 4:00 p.m.

Hôpital Fleury

► **514-384-2000**

2180 Fleury Street 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.

csssamn.ca

**ACCESS TO
HEALTHCARE
in your
neighbourhood**

Centre de santé et de services sociaux
d'Ahuntsic et Montréal-Nord



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

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

We're there 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 d'Ahuntsic et Montréal-Nord: a partner you should get to know!

► **514-384-2000**
csssamn.ca

An open door to health and social services

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 csssamn.ca.

► **514-384-2000**

Looking for a family doctor?

If you don't have a family doctor, you can register for one by filling out the online form at csssamn.ca or by calling 514-384-2000, extension 3508. 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 to get tests or health advice. Find out about the types of care available.

CLSC d'Ahuntsic

► **514-384-2000, extension 8302**

CLSC de Montréal-Nord

► **514-384-2000, extension 7193**

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 csssamn.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, and more. Don't hesitate to contact us.

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. For any crisis situations, call Monday to Friday from 8:00 a.m. to 8:00 p.m. and Saturday, Sunday and holidays from 8:00 a.m. to 4:00 p.m. throughout the year. Outside of these hours, you can call 811.

► **514-384-2000**

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, school and CLSC professionals are available to support youth.

Teams of different types of professionals can also help young people find better ways to balance their lives.

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.

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 or psychologist or referrals to individual or family support groups.

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

► **514-384-2000**

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.

► **514-384-2000, extension 7604**

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.

