

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 de la Montagne: a partner you should get to know!

► **514-731-8531**

csssdelamontagne.qc.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 **csssdelamontagne.qc.ca**.

Looking for a family doctor?

You can register for one by filling out the on-line form at **csssdelamontagne.qc.ca** or by calling 514-731-8531, extension 5208. For minor health problems, don't hesitate to see a doctor at a network walk-in clinic near you (list on reverse).

Nursing care on a walk-in or appointment basis

Find out about the types of care available such as dressing changed, removing of stitches, screening test, etc. Also, our specialized nurse practitioners can give you a check-up and prescribe certain medications.

► **514-731-8531**

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 **csssdelamontagne.qc.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.

► **514-731-8531**

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. To respond to a crisis, our team can respond quickly between 2:00 p.m. and 9:00 p.m., 365 days a year. Outside our opening hours, you can call 811.

► **514-731-8531**

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.

► **514-731-8531**

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.

► **514-731-8531 / csssdelamontagne.qc.ca**

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.

► **514-731-8531**

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

► **514-731-8531**

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.

► **514-731-8531**

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.

► **514-731-8531 / csssdelamontagne.qc.ca**



The network clinics in your neighbourhood

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

CRIU Herzl
5858, Côte-des-Neiges, 5th floor
► **514-340-8311**

Clinique médicale de la Cité
300, Léo-Pariseau, 9th floor
► **514-281-1722**

Clinique médicale Diamant
5885, Côte-des-Neiges, Room 201
► **514-731-5994**

Clinique médicale Métro Médic Centre-Ville
1538, Sherbrooke Street West
► **514-932-2122**

Groupe Santé Westmount Square
1, Westmount Square, Room C-180
► **514-934-2334, extension 222**

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 or about
drug interactions. The pharmacist can also
prescribe certain medications, such as the
morning-after pill.

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.

► **514-731-8531**

Choose health!

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

► **514-731-8531**

I believe in mammograms. Do you?

Are you a woman between the ages of 50 and 69?
It is recommended that you get a screening
mammogram every 2 years.
Visit santemontreal.ca/pqdc or call
Info Mammo at 514-528-2424.

WITH THE SERVICES OF YOUR
HEALTH EDUCATION CENTRE



**MAKE THE
BREAK**
GET MORE FROM LIFE

And... receive help
to quit smoking!



**BE ON THE
MOVE**
GET MORE FROM LIFE

And... discover ways
to be more active!



**TASTE THE
FLAVOUR**
GET MORE FROM LIFE

And... get support
to eat healthy!

**IT'S FREE! Make an appointment
with a Health Educator at 514 731-8531.**

Contact information

CLSC de Côte-des-Neiges
► **514-731-8531**
5700, Côte-des-Neiges
Montréal (Québec) H3T 2A8

CLSC de Parc-Extension
► **514-273-9591**
7085, Hutchison
Montréal (Québec) H3N 1Y9

CLSC Métro
► **514-934-0354**
1801, Maisonneuve Boulevard West
Montréal (Québec) H3H 1J9

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.

csssdelamontagne.qc.ca

**ACCESS TO
HEALTHCARE
in your
neighbourhood**



Centre de santé et de services sociaux
de la Montagne

Centre affilié universitaire