

The network clinics in your neighbourhood

Open 7 days a week, including holidays, for walk-in, laboratory and radiology services. To avoid an unnecessary trip, phone before you go.

Clinique médicale 3000
3000 Bélanger Street East

► **514 376-7702**

Clinique médicale Maisonneuve-Rosemont*
5345 De l'Assomption Boulevard (Room RC-60)

► **514 257-7000**

Clinique médicale Angus*
4101 Molson Street

► **514 596-2470**

* Appointment at the following clinics must be made by telephone the day before. Please contact the clinic for details.

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

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. Call your CLSC.

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

► **514-524-3544, extension 21330**

Quit Smoking Centre

► **514-524-3544, extension 21330**

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 au 514-528-2424**.

LET'S WORK
TOGETHER FOR
THE HEALTH OF
OUR POPULATION!

Consult the positions available at
cssslucilleteasdale.qc.ca/emplois-et-stages

Contact information for CSSS facilities

CLSC de Hochelaga-Maisonneuve

► **514-253-2181**

4201 Ontario Street

Monday-Friday: 8 a.m. to 8 p.m.

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

CLSC Olivier-Guimond

► **514-255-2365**

5810 Sherbrooke Street East

Monday-Friday: 8 a.m. to 8 p.m.

CLSC de Rosemont

► **514-524-3544**

2909 Rachel Street East

Monday-Friday: 8 a.m. to 8 p.m.

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.

cssslucilleteasdale.qc.ca

ACCESS TO
HEALTHCARE
in your
neighbourhood

Centre de santé et de services sociaux
Lucille-Teasdale

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 Lucille-Teasdale : a partner you should get to know!

CLSC de Hochelaga-Maisonneuve

► 514-253-2181

CLSC Olivier-Guimond

► 514-255-2365

CLSC de Rosemont

► 514-524-3544

cssslucilleteasdale.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 cssslucilleteasdale.qc.ca.

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 cssslucilleteasdale.qc.ca or by calling 514-524-3544, extension 21402. 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. Call your CLSC.

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 opening hours, or visit cssslucilleteasdale.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. Call your CLSC.

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.

► 514-524-3544, extension 65337

Just for youth

Adolescence is an important time. Self-confidence, romantic relationships, sex, alcohol, drugs, bullying and family problems: no matter what the issue, professionals are available to support youth.

- Clinic for youth ages 12–20 at the Hochelaga-Maisonneuve CLSC; services offered without an appointment on Tuesday from 4 p.m. to 8 p.m.
- Nursing services for youth ages 12–24 at the Rosemont and Hochelaga-Maisonneuve CLSCs.

For opening hours, please visit cssslucilleteasdale.qc.ca.

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. 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 or psychologist, or referrals to individual or family support groups. Call your CLSC.

If you are in a situation involving a crisis, a breakdown, a difficult life transition, or psychological distress, we invite you to contact the Centre de crise de l'Entremise. Short-term housing services are available, along with 24/7 phone support and outpatient follow-up.

► 514 351-9592

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

► 514-524-3544, extension 65337

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. Call your CLSC.

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. Call your CLSC or visit our web site: cssslucilleteasdale.qc.ca.

