



The network clinics in your neighbourhood

Open 7 days a week, including holidays.

Brunswick Medical Clinic (Brunswick FMG*)
955 Saint-Jean Blvd., Pointe-Claire
▶ **514-426-6677**

Médistat Medical Clinic (Médistat FMG*)
4965 Saint-Pierre Street, Pierrefonds-Roxboro
▶ **514-624-4774**

Statcare Clinic and Stillview Medical Group (Stillview FMG*)
175 Stillview Avenue, Suite 104, Pointe-Claire
▶ **514-694-9282**

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

To avoid an unnecessary trip, phone before you go.

* Family Medicine Group



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, high blood pressure, etc. Teams of professionals can help you improve your health. Consult westislandhssc.qc.ca.

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

▶ **514-626-2572, extension 4566**

Quit Smoking Centre

▶ **514-626-2572, extension 4463**

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**.

Nurses, technicians and health professionals at the West Island HSSC



Happy works better!

To know more, visit happyworksbetter.ca

Contact information

Centre d'hébergement Denis-Benjamin-Viger

▶ **514-620-6310**
3292 Cherrier Street,
L'Île-Bizard, QC H9C 1E4

CLSC de Pierrefonds

▶ **514-626-2572**
13800 Gouin West Blvd.,
Pierrefonds, QC H8Z 3H6

CLSC du Lac-Saint-Louis

▶ **514-697-4110**
180 Cartier Avenue,
Pointe-Claire, QC H9S 4S1

Community Birthing Centre (CLSC du Lac-Saint-Louis)

▶ **514-697-1199**
180 Cartier Avenue (3rd Floor),
Pointe-Claire, QC H9S 4S1

Lakeshore General Hospital (Administrative Centre)

▶ **514-630-2225**
160 Stillview Avenue,
Pointe-Claire, QC H9R 2Y2

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.

westislandhssc.qc.ca

**ACCESS TO
HEALTHCARE
in your
neighbourhood**



Centre de santé et de services sociaux
de l'Ouest-de-l'Île
West Island
Health and Social Services Centre

Are you familiar with your Health and Social Services Centre (HSSC)?

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 West Island Health and Social Services Centre: a partner you should get to know!

westislandhssc.qc.ca



An open door to health and social services

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 psychosocial intake at our CLSCs, available from 8:00 a.m. to 8:00 p.m., from Monday to Friday. Outside of these hours, 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, professionals are available in schools and CLSCs to support youth.

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

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. Contact our CLSCs.

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 referrals to community organizations. Contact Psychosocial intake of our CLSCs, available from 8:00 a.m. to 8:00 p.m., from Monday to Friday. Outside of these hours, you can call the West Island Crisis Centre: 514-684-6160.

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 westislandhssc.qc.ca.

Looking for a family doctor?

If you don't have a family doctor, you can register for one by filling out the form online at westislandhssc.qc.ca or in person at your CLSC. 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 an appointment basis? You can see a nurse to have a dressing changed or stitches removed, get a screening test, and more. Find out about the types of care available at the CLSCs.

Need to get vaccinated or have a blood sample taken?

Different 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 westislandhssc.qc.ca.

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

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, psychosocial services, vaccination, nutrition, follow-up with a midwife and more. Don't hesitate to contact our CLSCs or our Community Birthing Centre.

Violence and abuse are unacceptable!

Quick action must always be taken to address mistreatment, abuse and family or spousal violence. We work with community organizations and, if needed, with police officers and youth services centres to help victims of all ages.

Psychosocial intake

► **Contact our CLSCs**

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 our CLSCs for an evaluation of your needs.

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. Contact our CLSCs.

