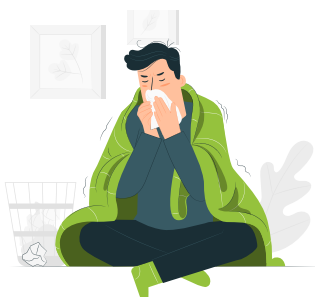


WHERE TO GO FOR MY HEALTH



PHYSICAL HEALTH PROBLEM

For advice or to see a health-care professional

Call:

- Your pharmacist
- 811, option 1
- The office of your doctor or Nurse Practitioner (NP)
→ If you don't have a doctor or NP, call 811, option 3.

To find out where to go for a consultation, you can also visit:

gap.soinsvirtuels.gouv.qc.ca/en.

SOCIAL, PSYCHOLOGICAL OR MENTAL HEALTH PROBLEMS

For support or to speak to a counsellor

Call:

- 811, option 2
- The CLSC
→ For the phone number of the CLSC closest to you visit:
santeestrie.qc.ca/clsc

If you have suicidal thoughts

- Call 1-866-277-3553 (1-866-APPELLE) or
- Visit suicide.ca

EMERGENCY

Call 911 or go to the emergency room if:

- Your life is in danger
or
- You need care rapidly.

For example:

- You have trouble breathing.
- You can't catch your breath.
- You feel like you're suffocating.
- You have a strong pain in your chest or stomach.
- You suddenly have a very bad headache.
- You have a burn or serious injury.
- You lose feeling on one side of your body



santeestrie.qc.ca/where-to-go

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