

# WHERE TO GO FOR MY HEALTH



## PHYSICAL HEALTH PROBLEM

## SOCIAL, PSYCHOLOGICAL OR MENTAL HEALTH PROBLEMS

## EMERGENCY

**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](http://gap.soinsvirtuels.gouv.qc.ca/en)

**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](http://santeestrie.qc.ca/clsc)

**If you have suicidal thoughts**

- Call 1-866-277-3553 (1-866-APPELLE) **or**
- Visit [suicide.ca](http://suicide.ca)

**Call 911 or go to the emergency room if:**

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

**For exemple:**

- 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](http://santeestrie.qc.ca/where-to-go)

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