Are you 75 and over? Or are you a caregiver?

Before going to the Emergency, other services are available!

Non-urgent health problems

Info-Santé : dial 811

- **Press 1** to speak to a nurse if you have a health problem.
- **Press 2** to speak to a psychosocial worker if you're experiencing stress or anxiety.

Your pharmacy

Your pharmacist can:

- Renew and prescribe certain medications.
- Give you vaccines right at the pharmacy.

Need an appointment?

1. Call your family doctor
   If that's not possible:
   - Online: **rvsq.gouv.qc.ca** to find an appointment.
2. If you do not have a family doctor:
   - Dial **811 and press 3**: They will evaluate your health problem and direct you to the appropriate service.
   - Online: **gap.soinsvirtuels.gouv.qc.ca**
3. For vaccination services, screening tests, blood tests and other appointments:
   - Online: **clicsante.ca**
   - By phone (vaccination and screening tests): **1-877-817-5279**
   - By phone (blood tests): **1-833-699-2414**

Feeling overwhelmed and need support?

Community organizations

- Dial **211 and press 3** to find an organization: meals on wheels, food assistance, housekeeping, housing support, or friendly phone calls.

My Home, My Choice: reaching out to vulnerable seniors age 75 and over

- Online: **reperagecmcmc.ca** to be directed to the right services.

Home care (CLSC)

- Dial **1-833-774-2772**: support for people living at home who are experiencing a loss of autonomy and are unable to get around.

Secteur : Direction des services de soutien à domicile et de la gériatrie
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Centre intégré de santé et de services sociaux de la Montérégie-Ouest
Québec