Before going to Emergency

Quickly find the help you need

Call 811

Option 1 Info-Santé Nurse	Option 2 Info-Social Psychosocial worker	Option 3 PCAP No family doctor

Non-urgent health problems

Speak to your pharmacist

Medical appointments

Consult your doctor or SNP

rvsq.gouv.qc.ca

Nursing care or psychosocial support

Call your CLSC

Various health services

Visit Clic Santé

clicsante.ca

For more information:
santemonteregie-qc.ca/ouest

Santé Québec

N101 - NOVEMBRE 2026