



## Non-urgent health problems? Services are available!

### Need advice?

- Dial **811**, then press 1 to talk to a nurse.  
Dial **811**, then press 2 for help with stress or anxiety.
- Talk to your **pharmacist** to renew or get certain medications.

### Need an appointment?

- Contact your family doctor.  
If that's not possible:
  - Online: **rvsq.gouv.qc.ca** to find an appointment.
- No family doctor? Dial: **811**, then press 3.  
They will help you find an appointment.
- Need an appointment for a vaccination, screening test, or blood test?
  - Online: **clicsante.ca**
  - By phone for vaccinations or screening tests:  
**1-877-817-5279**
  - By phone for blood tests:  
**1-833-699-2414**



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## Feeling overwhelmed and need support? Services are available!

### Community organizations

- Dial **211**, then press 3 to find services like:  
meals on wheels, food assistance,  
help with housework, help finding housing,  
or friendly phone calls.

### My Home, My Choice

- We help guide seniors aged 75 and over  
to the right services.  
Online: [reperagecmcm.ca](http://reperagecmcm.ca)

### Home care

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



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