



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.
Evaluation and referral to the appropriate service.
- 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

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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