

WHERE TO GO FOR ADVICE, CARE, OR SERVICES



MINOR HEALTH PROBLEMS

Need advice?

Consult your pharmacist or call Info-Santé at **811, option 1**.

Need an appointment?

Do you have a family doctor?

Call your medical clinic or family medicine group (FMG).

You don't have a family doctor?

Submit a consultation request to the Primary Care Access Point (GAP) at gap.soinsvirtuels.gouv.qc.ca/en or by calling **811, option 3**.

Symptoms of flu, COVID-19, stomach flu, sinus infection, ear infection, etc.

By calling Info-Santé at **811, option 1**, a staff member will assess your symptoms and, if necessary, arrange a medical consultation.

PSYCHOLOGICAL, SOCIAL, OR MENTAL-HEALTH PROBLEMS

Are you experiencing personal, professional, or family difficulties?

Call Info-Social at **811, option 2**.

To request support, **call your CLSC**. Visit santeestrie.qc.ca/clsc for contact details, schedules, services offered, etc.

For support related to suicidal thoughts, call **1 866 277-3553 (1 866 APPELLE)**.

EMERGENCY CONSULTATION NEEDED

You're in one of the following situations:

- Your life is in danger.
- Difficulty breathing, shortness of breath, or choking preventing you from speaking.
- Baby 3 months or younger with a rectal temperature of 38°C or higher.

Call **911** or go to the emergency room.

Vaccinations, specimens, blood tests: make an appointment on clicsante.ca.

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