

The network clinics in your neighbourhood

Open 7 days a week, including holidays, for walk-in, laboratory and radiology services.

Centre médical Hochelaga

9080 Hochelaga Street

► **514-353-8742**

Polyclinique-réseau Pointe-aux-Trembles

12905 Sherbrooke Street East, Suite 103

► **514-498-4050**

CLSC de St-Michel

3355 Jarry Street East

► **514-722-3000**

Clinique médicale Viau inc.

4750 Jarry Street East, Suite 204

► **514-326-7203**

Clinique médicale 3000

3000 Bélanger Street East

► **514-376-7702**

Clinique médicale Angus

4101 Molson Street, Suite 101

► **514-807-2333**

Clinique médicale Maisonneuve-Rosemont

5345 de l'Assomption Boulevard, Suite RC-60

► **514-257-7000**

Polyclinique Cabrini

5700 Saint-Zotique Street East, Suite 200

► **514-256-5700**

To get the contact information for all Montréal network clinics, visit santemontreal.ca. To avoid an unnecessary trip, phone before you go.

Your pharmacist gives great advice

You can also consult your pharmacist about different health problems and about prescription or over-the-counter medications.



Coping with a chronic disease

We provide support and education services to people with diabetes, asthma, chronic obstructive pulmonary disease, or high blood pressure. Nutritionists, nurses and kinesiologists can help you improve your health.

► **514-494-4924, extension 72424**
/ cssspointe.ca

Choose health!

Have you decided to eat better, get regular exercise or quit smoking? The Health Education Centre can help you adopt a healthy lifestyle. Consultations are offered on a flexible schedule, by appointment.

Health Education Centre

► **514-642-4050, extension 77506**

Quit Smoking Centre

► **514-642-4050, extension 77399**

I believe in mammograms. Do you?

Are you a woman between the ages of 50 and 69? It is recommended that you get a screening mammogram every 2 years. Visit santemontreal.ca/pqdc or call **Info Mammo at 514-528-2424**.

**OUR PROMISE: CLOSE TO YOU.
CLOSE TO THE PEOPLE.**

**JOIN OUR CARING
AND EFFICIENT TEAM
IN OUR DYNAMIC CSSS!**

Our values partnership innovation
engagement safety respect

Visit us! cssspointe.ca

Contact information for CSSS facilities

CLSC de Mercier-Est-Anjou

► **514-356-2572**

9503 Sherbrooke Street East

Monday to Friday, 8:00 a.m. to 8:00 p.m.

Saturdays, Sundays and Holidays, 8:00 a.m. to 12:00 p.m. and 1:00 p.m. to 4:00 p.m.

CLSC de Pointe-aux-Trembles-Montréal-Est

► **514-642-4050**

13926 Notre-Dame Street East

Monday to Friday, 8:00 a.m. to 8:00 p.m.

Saturdays, Sundays and Holidays, 8:00 a.m. to 12:00 p.m. and 1:00 p.m. to 4:00 p.m.

CLSC de Rivière-des-Prairies

► **514-494-4924**

8655 Perras Boulevard

Monday to Friday, 8:00 a.m. to 8:00 p.m.

Saturdays, Sundays and Holidays, 8:00 a.m. to 12:00 p.m. and 1:00 p.m. to 4:00 p.m.

Emergency rooms... for emergencies only!

Before going to the emergency room:

- 1 Call **Info-Santé (811)** for information about a health problem, **7 days a week, 24 hours a day**.
- 2 Call your doctor or go to a network clinic. These clinics are open every day of the year for walk-in services and provide lab and radiology services.
- 3 Call **911** if someone's life is in danger or go to the nearest emergency room.

cssspointe.ca

ACCESS TO
HEALTHCARE
in your
neighbourhood

Centre de santé et de services sociaux
de la Pointe-de-l'île

An open door to health and social services

Are you familiar with your Centre de santé et de services sociaux (CSSS)?

We're there for you from the first moments of pregnancy and throughout different stages of your life.

We're there for Samuel, 9, who has an attention deficit disorder. For José, 32, who's going through depression after losing his job. For Farida, who's almost 40 and just learned she's diabetic. And for Jean-Marie, 82, who can no longer live at home alone.

We are your gateway to services that support you and help you improve your health and well-being.

The Centre de santé et de services sociaux de la Pointe-de-l'Île: a partner you should get to know!

CLSC de Mercier-Est-Anjou

▶ 514-356-2572

CLSC de Pointe-aux-Trembles-Montréal-Est

▶ 514-642-4050

CLSC de Rivière-des-Prairies

▶ 514-494-4924

cssspointe.ca



Not sure who to contact?

We can guide you to the right service at the right place, either at our institution or in the community. Call your CLSC or visit cssspointe.ca.

Looking for a family doctor?

If you don't have a family doctor, you can register for one by filling out the online form at cssspointe.ca or by calling 514-356-2572, extension 73612.

For minor health problems, don't hesitate to see a doctor at a network walk-in clinic near you (see back).

Consult a nurse

Did you know that our CLSCs offer nursing care on a walk-in or appointment basis? You can see a nurse to have a dressing changed or stitches removed or to get a screening test or health advice. Find out about the types of care available.

Need to get vaccinated or have a blood sample taken?

Many locations provide free walk-in lab services as well as vaccinations by appointment. Contact your CLSC to get a list of these centres and their hours, or visit cssspointe.ca.

Don't forget to bring your health insurance card and your doctor's requisition for a lab test.

Baby on the way?

Pregnancy requires so much planning! You can rely on our services developed specifically for future parents: prenatal courses, advice from nurses, breastfeeding help, baby care, infant diets, and more. Don't hesitate to contact us.

For your family

Growing kids mean growing challenges. Our professionals can help you and support you in your role as a parent. Health care, social services and support services are available for all members of your family. For any crisis situations, call our hotline, which is open from 2:00 p.m. to 8:00 p.m. throughout the year. Outside of these hours, you can call 811.

CLSC de Mercier-Est-Anjou

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CLSC de Pointe-aux-Trembles-Montréal-Est

▶ 514-642-4050

CLSC de Rivière-des-Prairies

▶ 514-494-4924

Just for youth

Adolescence is an important time. It is a stage of life when kids wonder about a lot of things and have many first-time experiences. Self-confidence, romantic relationships, sex, alcohol, drugs, bullying and family problems: no matter what the issue, school and CLSC professionals are available to support youth.

Teams of different types of professionals can also help young people find better ways to balance their lives. Contact your CLSC or visit cssspointe.ca.

Special help

Children, youth and adults living with intellectual disabilities or pervasive developmental disorders, as well as their families, may need special assistance. Our services are adapted to each stage of their lives and include screening, stimulation workshops, psychoeducation assistance, and social integration support.

Life isn't always easy!

No one is immune to depression. Help is available for anyone experiencing mental health problems. This assistance can include meetings with a social worker or psychologist, or referrals to individual or family support groups.

Violence and abuse are unacceptable!

Quick action must always be taken to address mistreatment, abuse and family or spousal violence. We work with community agencies and with police officers and youth services centres (when necessary) to help victims of all ages.

CLSC de Mercier-Est-Anjou

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CLSC de Pointe-aux-Trembles-Montréal-Est

▶ 514-642-4050

CLSC de Rivière-des-Prairies

▶ 514-494-4924

Reports to the Director of Youth Protection

▶ 514-935-6196 (English)

▶ 514-896-3100 (French)

Elder abuse help line

▶ 514-489-ABUS

Emergency

▶ 911

Home services

Do you need help to stay at home safely because of an illness or disability or because of age-related problems? Various services are available to you: nursing care, personal hygiene assistance, home adaptations, or respite for your loved ones. Contact us for an evaluation of your needs.

Need housing?

When living at home is no longer an option, we can help you find a residential facility that fits your needs or the needs of a loved one.

