YOUR SIMPLIFIED GUIDE

NEED HEALTHCARE SERVICES?

My options if I am WORRIED

- I call Info-Santé or Info-Social at 811
- I have suicidal thoughts, I call 1 866 APPELLE / 1 866 277-3553
- I call my pharmacist for my medication or for advice
- I call my family doctor's medical clinic

I need a FAMILY DOCTOR

- I register on the waiting list to find a family doctor (GAMF) gamf.gouv.qc.ca
- My request is prioritized according to my condition
- Assessment done by a nurse is possible

My options if I am ILL

- I call Info-Santé at 811
- I call my pharmacist
- I consult the decision aids if I have flu or gastro symptoms
  http://www.cisss-at.gouv.qc.ca/la_sante_publique/maladies_infectieuses/gastroenterite.html
  http://www.cisss-at.gouv.qc.ca/la_sante_publique/maladies_infectieuses/grippe.html
- I make an appointment with my family doctor (medical clinic or FMG)
- I go to the ER as a last resort or for medical emergencies

www.cisss-at.gouv.qc.ca

Source : Ministère de la Santé et des Services sociaux

Centre intégré de santé et de services sociaux de l'Abitibi-Témiscamingue

Québec