

Need to consult for health reasons?

The emergency is not the only option:



1 Are you experiencing a health problem?

- Click [here](#) to access the **decision assistant** to help you make the best decision for you and your loved ones.
- Call **Info-Santé** (open 24/7) at 811:
 - For **health advice**: option 1.
 - If you have **flu symptoms** or any other winter infection: option 1, then option 2.
- Talk to a **pharmacist**.



2 Are you going through a difficult time?

- Call **Info-Social** (open 24/7) at 811, option 2.



3 You don't have a family doctor?

- Consult the **digital Primary Care Access Point (GAP)**: gap.soinsvirtuels.gouv.qc.ca/en.
- Call the **Primary Care Access Point (GAP)**: 811, option 3.
- Use web platforms such as the [Québec Medical Appointment Scheduler](#), [Clic Santé](#), [Bonjour Santé](#), etc. to book an appointment with a medical clinic or a Family Medicine Group (FMG).



4 You have a family doctor?

- Contact your **medical clinic** to book an appointment.
- Use **web platforms** such as the [Québec Medical Appointment Scheduler](#), [Clic Santé](#), [Bonjour Santé](#), etc. to book an appointment with a medical clinic or a Family Medicine Group (FMG).



Is the medical problem urgent?

For critical or unstable situations, call 911 or go to the emergency room immediately.

For more information, visit Quebec.ca/AccesSante.

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