



YOUR ALTERNATIVES TO THE ER

Before going to the ER,
explore your options!

Consult

[ciss-ouataouais.gouv.qc.ca/
vos-alternatives-aux-urgences](https://ciss-ouataouais.gouv.qc.ca/vos-alternatives-aux-urgences)



I'm worried about my health

- Call 811
- Access the Primary Care Access Point (GAP)
- Ask your pharmacist for advice

I need a medical consultation, AND I have a family doctor

- Book an appointment using Québec Medical Appointment Scheduler
- Contact your family doctor or CLSC

I need a medical consultation, but I do NOT have a family doctor

- Register with the Québec Family Doctor Finder (GAMF). If you're already registered, call 811 and select option 3

I'm taking care of my physical and mental health at home

- Refer to physical and mental health self-care guides

*Centre intégré
de santé
et de services sociaux
de l'Outaouais*

Québec 