

May 28th 2024

SUBJECT: Services offered during the summer season

Dear parents and students,

With the end of classes and the holidays approaching, we wanted to remind you that despite the summer period, health and social services do not take vacation.

CLSCs remain open and continue to offer a full range of medical, social and psychological services. Whether for medical consultations, mental health counseling, family support services, or any other health need, our teams are here to support you.

For a consultation with a health and social services professional, visit the [Quebec government website](#) to learn about the different options.

For a non-urgent health problem, consult your pharmacist or call 8-1-1, a free and confidential telephone consultation service.

- 811, option 1: health advice for all
- 811, option 2: psychosocial and mental health advice
- 811, option 3: service for people waiting for a family doctor

For psychological support, you can also consult the psychosocial reception of your CSLC. For more information, [visit our website](#).

For questions or concerns related to sexual health (e.g. contraception, STIs), speak to a professional at the youth clinic at your CSLC. To do this, make an appointment online via [Clic Santé](#).

A nurse and a social worker will also be available without appointment every Thursday from July 11 to August 8, from 11 a.m. to 4 p.m., at the Mountain Sight site, 5111, rue Paré, in Montreal.

We invite you to take advantage of the summer to **update your vaccination** (e.g. measles). For more information, visit [our website](#) and make an appointment online via [Clic Santé](#).

We also invite you to discover the **Aire Ouverte** program which offers various services for the health and well-being of young people aged 12 to 25, their families and those around them. You can go there with or without an appointment at 5245, chemin de la Côte-des-Neiges. For more information, visit [our website](#) or call 514-734-9950.

Finally, we remind you that services for **youths in difficulty or with an intellectual disability or an autism spectrum disorder and their loved ones** continue. For more information or to benefit from our services, contact your CLSC or visit [our website](#).

Do you need to talk?

Here are some resources offering free and confidential listening services:

- ★ Tel Jeunes
Phone : 1 800 263-2266 | Text : 514 600-1002 | Chat : teljeunes.com
- ★ Kids Help Phone
Phone : 1 800 668-6868 | Chat : kidshelpphone.ca
- ★ Suicide Prevention Center
Phone : 1 866 277-3553
- ★ Tel-aide
Phone : 514 935-1101
- ★ 9-8-8 Line
Phone : 9-8-8 | Text : 4-5-6-4-5
- ★ Parents' Line
Phone : 1 800 361-5085 | Chat and e-mail: ligneparents.com
- ★ SOS Violence Conjugale
Phone : 1 800 363-9010

Take care and have a great summer!

