

**CALL US!
811 OPTION 2**

IF YOU NEED HELP WITH

For more
information :



- Difficulty fitting in
- Relationship with your parents
- Consumption
- Addiction
- Management and expression of your emotions
- Difficulty adapting
- Grief
- Social skills
- A break-up
- Anxiety
- Exhaustion
- School issues
- Conflict
- Self-esteem
- Motivation

**INFO-SANTÉ
INFO-SOCIAL
811**
OU
1 866 567-4036

**Did you know that there is
nursing staff from the CISSS
de l'Outaouais who offers
services in your school ?**



It is also possible to receive
these services at a youth
clinic in a CLSC.

Book an
appointment online :



portal3.clicsante.ca

- Birth control
- Pregnancy testing
- Pregnancy follow-up or abortion referral
- STI screening and treatment
- Social service support and referral

Ask the school staff where the nursing staff's
office is located in your school. Her schedule is
posted on her office door.

Come and meet your school nursing staff!

Nursing staff's name : _____

Phone number : _____

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

Québec 

Engagés pour notre
jeunesse!

