



I TAKE CARE OF MY MENTAL HEALTH

Do you feel **stressed, anxious or depressed?**

Services and resources exist to help you. **You are not alone!**

CLSC Psychosocial Intake

Our teams can help you in case of psychological or emotional difficulties related to situations or trials confronting you.

Telephone access to the services is preferred.

CLSC de Dorval-Lachine	CLSC de LaSalle	CLSC de Pierrefonds	CLSC du Lac-Saint-Louis
514-639-0660, extension 80308 and 80227	514-364-2572, extension 22232 and 22233	514-626-2572, extension 3956	514-697-4110, extension 1559
<p>Monday, Tuesday, Wednesday: 9 a.m. to 5 p.m.</p> <p>Thursday, Friday: 8 a.m. to 8 p.m.</p>	<p>Monday, Tuesday, Wednesday: 8 a.m. to 8 p.m.</p> <p>Thursday, Friday: 9 a.m. to 5 p.m.</p> <p>Saturday: 1 p.m. to 4 p.m.</p>	<p>Monday to Friday: 8 a.m. to 8 p.m.</p> <p>Saturday: 1 p.m. to 4 p.m.</p>	<p>Monday to Friday: 9 a.m. to 5 p.m.</p>

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OTHER HELPING RESOURCES

If you have questions or concerns, or to know when to seek care: 1-877-644-4545

For continuously updated information: [Quebec.ca/coronavirus](https://quebec.ca/coronavirus)

For information about our IUHSSC: 514-630-2123

For psychosocial assistance:

- Info-social: 811
- Social and Community Resources: 211

Centre intégré
universitaire de santé
et de services sociaux
de l'Ouest-de-
l'Île-de-Montréal