

**CALL US!  
811 OPTION 2**

# IF YOU NEED HELP WITH

For more  
information :



- Difficulty fitting in
- Relationship with your parents
- Drug and alcohol use
- Problematic use of internet
- Management and expression of your emotions
- Difficulty coping
- Grief
- Social skills
- 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](http://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!

