

**ALTERNATIVE TOOL TO
EMERGENCIES**

**Things are
really not
okay?**



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

Québec 

This tool provides several resources as an alternative to going to the emergency room.

Scan the QR code and quickly access professionals and community resources available to you.



Resources for consulting a doctor

**Resources for receiving
psychological and emotional support**

**Resources for consulting a sexual
health professional**

Resources in your local community

**FOR IMMEDIATE EMERGENCY,
PLEASE CALL:**

ESSENTIAL SERVICES



SUICIDE CRISIS LINE

