

IMPORTANT CONTACT INFORMATION

For caregivers and seniors in Montreal

To seek help related to the caregiving role and responsibilities:

- [YWCA Montreal](#), Support to family caregivers program: 514-866-9941 ext. 226
- [APPUI Caregiver Support](#): 1-855-852-7784

To seek resources of any kind in Montreal:

- Seniors referral helpline : 514-527-0007
- Community organisation directory - Montreal : 2-1-1

Domestic help (from Domestic help social economy businesses) :

No telephone number. By internet: aidechezsoi.com/en

If you do not use the internet, call us for assistance.

Listening support by phone:

- Tel-aînés: 514-353-2463
 - ✓ Telephone listening service for seniors, available from 10 a.m. to 10 p.m.
 - ✓ Services available in English - may have to be requested
- Tel-aide: 514-935-1101
 - ✓ Telephone listening service for all adults, available 24/7
 - ✓ English (and French)
- Info-Social: 8-1-1 (*see description in the documents*).

Counselling support - By phone or in person:

Several non-profit organisations provide low-cost or even free ongoing support with a trained counsellor. For example, our program provides free counselling for women who are caregivers. For other options near you, call:

- Referral Helpline for Seniors (514-527-0007)
- Caregiver Support (1-855-852-7784)

Medical questions:

- Info-Santé : 8-1-1 (*see description in document Info-Santé & Info-Social*)

Seeing a doctor urgently without an appointment:

- To find the walk-in clinic that is closest to you, call **Info Santé (811)** or visit the website: santemontreal.qc.ca/en
- To get an *appointment time* on the same day or for the next day at a walk-in clinic, it is sometimes possible through the website Bonjour Santé: <https://www.bonjour-sante.ca> (click on “English” in the top right corner). This service costs \$17.25.

To get a family doctor if you do not have one, or if yours is retiring:

- Put your name on the waiting list at http://www.gamf.gouv.qc.ca/index_en.html or call your local CLSC or Family Medicine Group to ask to be put on the waiting list. Seniors are prioritized for getting a doctor.

CLSC PHONE NUMBERS

CIUSSS	CLSC	
Centre-West 1: 514-731-1386	Côte-des-Neiges	Option 1
	Parc-Extension	Option 2
	Métro	Option 3
Centre-West 2: 514-484-7878	Benny-farm	Option 1
	René-Cassin	Option 3
Centre-South	Plateau Mont-Royal	514-521-7663
	Des Faubourgs	514-527-2361
	Saint-Louis du Parc	514-286-9657
	Saint-Henri	514-933-7541
	Verdun	514-766-0546
	Ville Émard – Côte-Saint-Paul	514-766-0546
West Island	Dorval-Lachine	514-639-0650
	Pierrefonds	514-626-2572
	Lac-Saint-Louis	514-697-4110
	Lasalle	514-364-2572
Montreal East	Mercier-Est	514 356-2574
	De l'Est-de-Montréal	514 642-4050
	Rivière-des-Prairies	514 494-4924
	Saint-Léonard	514 722-3000
	Saint-Michel	514 722-3000
	Hochelaga-Maisonneuve	514 253-2181
	Olivier-Guimond	514 255-2365
	Rosemont	514 524-3541
Montreal North	Ahuntsic	514 384-2000
	Bordeaux-Cartierville	514 331-2572
	Petite-Patrie	514 273-4508
	Montréal Nord	514 384-2000
	Saint-Laurent	514 748-6381
	Villeray	514 376-4141