

## BULLETIN FOR HEALTH AND WELLBEING

# ADDICTION ISSUES AND RESOURCES:



The CISSS de la Gaspésie provides services which help you prevent, reduce and treat addiction problems. Addiction can include drug addiction, alcoholism, gambling and cyber addiction.

The CISSS de la Gaspésie has an addiction rehabilitation center, which offers specialized services in drug, alcohol and gaming abuse. Offered services: Assessment and support from a specialist in addictions; Crisis intervention; and help and referral to appropriate resources.

If you or someone you love is living with addiction issues here are some additional resources which can help:

- Info social: 811
- Prevention/games line: 1 877 763-5389
- To see clearly! 1 800 265-2626
- Drugs: help and reference: 1 800 265-2626
- Alcochoice+ Program of the Ministry of Health and Social Services: 514 273-4508
- Al-Anon/Alateen for people affected by another person's alcohol consumption. 1 888 4AL-ANON (1 888 425-2666)
- Game: help and reference: 1 800 461-0140 or 1 866 SOS-JEUX (1 866 767-5389)

### THIS ISSUE

ADDICTIONS ISSUES AND RESOURCES

HEALTH BOOKLET

### NEXT ISSUE

FRAUD PREVENTION

EMERGENCY TRIAGE SCALE

Reference :

<https://alzheimer.ca/federationquebecoise/en/alzheimersocieties> <https://www.ciass-gaspesie.gouv.qc.ca/soins-et-services/personnes-aines-et-en-perte-dautonomie/clinique-de-la-memoire/>



# HEALTH BOOKLET:

The Quebec Health Booklet provides individuals access to their medication history, sampling results such as blood tests, imaging results and a list of medical services received which have been paid for through the RAMQ.

Other services linked through this portal include the Quebec Medical Appointment Scheduler and the Quebec Family Doctor Finder.

How to access your Health Booklet:

- 1) Go to <https://carnetsante.gouv.qc.ca/portail>
- 2) Create an account, a code will be mailed to you.
- 3) Enter the code which has been sent to you in order to confirm your identity
- 4) Access your medical files.

It is a simple way to review your own medical information. Most lab and imaging results are available for your review one month following your appointment.



## Activity Corner



### Puppy Love

Today I saw him again. When he looks at me with those \_\_\_\_\_ eyes, it makes my \_\_\_\_\_ go pitterpat, and I feel as if I have \_\_\_\_\_ in my stomach. When he scrunches his nose, I want to \_\_\_\_\_ him softly. He is so \_\_\_\_\_ and \_\_\_\_\_. Tomorrow he will be mine. For now he \_\_\_\_\_ in the store \_\_\_\_\_ looking at me. \_\_\_\_\_ love is hard to resist!

(color) (body part) (nouns) (verb) (adjective) (adjective) (verbs) (noun) (noun)

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### Valentine's Day

word scramble

DER _____	KNIP _____
ERTHA _____	SESISK _____
DROWA _____	UFBRYRAE _____
HOLCETAOC _____	OPEM _____
SRHUC _____	LTETRE _____
DYNCA _____	EESTW _____
VLOE _____	
PELEVEON _____	
NEOYH _____	
CTDPU _____	

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