

I do not have a family doctor... **WHAT SHOULD I DO?**



↓ I want to have a family doctor

Register with the Québec Family Doctor Finder (GAMF) :

- Online at quebec.ca/en/health, or
- By calling 418 821-7873 or 1 844 666-2727 (toll free).

↓ I have an urgent health problem My condition requires immediate attention

Dial 911 or go to the emergency room.

↓ I have a one-off, non-urgent health problem I wish to consult a healthcare professional

Use the **Primary Care Access Point (GAP)**:

- Fill in the [online questionnaire](#).
- Call 811, **option 3**, if you need help completing the questionnaire.

Call 811 (Info-Santé and Info-Social)

Different options are available to meet your needs :

The 811 Info-Santé (option 1)

- **Speak to a nurse.**
- Get an **appointment** if you or your child have **signs of respiratory infections or gastroenteritis.**

The 811 Info-Social (option 2)

- **Speak to a healthcare professional** about any **difficult situations** you are going through or concerns regarding your **mental health** or that of a loved one.

To find out about other consultation options, go to ciussscn.ca/optionsdeconsultation (in French only).

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