



Community Services is located in the Jeffery Hale Pavilion



**Jeffery Hale
Saint Brigid's**

Une communauté de soins
A Community of Care

Health and social services

Jeffery Hale Community Services has a wide variety of health and social services and activities for English-speaking people of all ages:

- CLSC-type services in English, including information and referral;
- Health and social services in local English CQSB schools;
- Prenatal and early childhood services for parents with children four years of age and under;
- Senior and homecare services.

For more details, please call Jeffery Hale Community Services at:

418 684-5333, ext. 1580

Community Services, in the Jeffery Hale Pavilion, 1270 chemin Sainte-Foy, Quebec, G1S 2M4, is open Monday to Friday, 8:30 AM - 4:30 PM

jhsb.ca



We are there for you

Jeffery Hale – Saint Brigid's is there for you! Bilingual health and social services:

» **418 684-5333**

1 888 984-5333 toll-free

- Emergency Room, 8 a.m. - 8 p.m.
- Diagnostic Services
- Senior Care
- Community Services
 - CLSC-type services in English
 - Requests for Saint Brigid's Home



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Saint Brigid's**

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Jeffery Hale Hospital
1250, chemin Sainte-Foy
Québec QC G1S 2M6

418 684-5333

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Mental health services

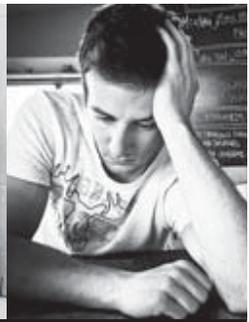


**Psychosocial and
mental health
support services
for adults, children
and their families**

Feb. 24, 2016 Aussi disponible en français

jhsb.ca





Sound familiar?

Are you going through a tough time?

- Grief
- Thoughts of suicide
- A break up
- No place to call home
- Job loss
- Money troubles
- Problems relating to others

Are you facing a problem or crisis?

- Adapting to life in Quebec City
- Anxiety
- Drinking, drug or other addictions
- Psychiatric illness, such as:
 - depression,
 - bi-polar,
 - schizophrenia, and so forth.

Are you a victim?

- Abuse
- Discrimination
- Social isolation
- Harassment

Who can get services?

Jeffery Hale Community Services offers help for you to maintain or find your wellbeing.

We offer services to adults, families, and children. We also have a specialized Recovery Support Program for people with a diagnosed psychiatric illness.

When need be, we may direct you to another resource in the health system or in the community.

Note: If your request involves a child in one of the Central Québec School Board's English schools, we will refer you to our School Services team.

How to get services

There are a few ways that you access psychosocial and mental health services in English at Jeffery Hale:

- Make an appointment with the intake social worker at Community Services
- Speak to a social worker that you have made contact with in the past

You can call 418 684-5333, extension 1580 or drop in to Community Services in the Jeffery Hale Pavilion between Monday and Friday, from 8:30 AM to 4:30 PM.

It's about your wellbeing

Our qualified social workers start by exploring your needs, and then work with you to help you find ways to solve your problems.

We will work with you to provide support and follow-up during your time of need (counselling, workshops, etc.).

We can help you to:

- Gain knowledge;
- Develop coping skills and strategies;
- Reflect on your strengths and areas that you may need to work on.