



Outaouais Health and Social Services Network
FOR THE ENGLISH-SPEAKING POPULATION

N e w s l e t t e r

WINTER 2010

OHSSN serves the English-speaking population of the Outaouais. The network is committed to working with communities, public health agencies, and community organizations to facilitate access to health and social services in English. Do you need assistance in finding information or services in English? Give us a call. Our health and social services Network Manager is here to help. Contact **Danielle Lanyi** at (819) 923-8429 or e-mail info@ohssn.org. You can also visit our website at www.ohssn.org.

Got an itch? Do you know what a bedbug looks like?

You must have heard about them; they're all over. Bites can cause small, itchy welts. What would you do if you thought you had a bedbug problem? To learn more check out the Pest Management Regulatory Agency (PMRA) – Quebec Region website for factsheets on bed bugs and other pests. Sweet dreams!
www.hc-sc.gc.ca/cps-spc/pubs/pest/_pnotes/index-eng.php

New local network: The Papineau Health and Social Services Network (PHSSN)

At a press conference on December 10, 2009 at the Buckingham CLSC, Mr. Gilles Clavel, Director General of the CSSS Papineau, along with PHSSN and OHSSN representatives, officially announced this new network. The Papineau Health and Social Services Network (PHSSN) actively collaborates with public health care providers to increase awareness and provide information on health and social services available to the English-speaking population. For more information please contact Linda Cameron at 819-986-8901

Learn CPR at home

Once the heart stops pumping, seconds count. For every minute that passes without help, a person's chance of surviving drops by about 10%. But if you know how to respond to a cardiac arrest, a person's odds of survival and recovery may increase by 30% or more. Since most cardiac arrests happen at home, you could be saving the life of a family member or friend. Find out about CPR training at:
www.heartandstroke.com/site/apps/nlnet/content2.aspx?c=ikIQLcMWJtE&b=4016859&ct=7594527&src=healthline

Caregivers are not superheroes! Free Tele - support groups

There are over three million caregivers in Canada and 60% of them are playing a balancing act between work and compassionate care giving. Walking the tightrope is hard and 25% of caregivers end up being diagnosed with depression. Are you a caregiver? Do you sometimes need to talk to someone? Visit www.careringvoice.com for information. You may need some help in order to help!

New and Improved! Montreal Children's Hospital free Kids come First Newsletter.

For all kinds of reliable information on your child's health, visit the Montreal Children's Hospital website. You can find out about the latest news and research and you can even listen to lullabies. Sign up to receive their free Kids Come First newsletter where you'll find a mom's blog, a Q&A, profiles of people, and of course their always popular health tips. www.thechildren.com

Not feeling well? Concerned about a loved one? Dial 8-1-1

Dialling **8-1-1** allows you to speak with a health-care professional for **non-urgent** cases. This professional consultation service is accessible by telephone 24 hours a day, 7 days a week and is a major part of first line health care. It offers answers to common health questions and directs users to the right service in the health and social services network. You can also consult the health guide at www.guidesante.gouv.qc.ca.

Your feedback is important to us

We encourage and appreciate your comments and questions so that we can better serve you. If you have any problems accessing the information in this newsletter, please contact Danielle Lanyi at **(819) 923-8429** or e-mail at info@ohssn.org.