



Outaouais Health and Social Services Network

FOR THE ENGLISH-SPEAKING POPULATION

Newsletter

SUMMER 2008

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 coordinator is here to help. Contact **Danielle Lanyi** at (819) 923-8429 or e-mail info@ohssn.org.

Dial 8-1-1 to reach Info-Santé

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.

Information on Diabetes

It is estimated that 200,000 Québécois may have untreated diabetes. Les Diabétiques de l'Outaouais Inc. is a community-based organization that offers services to persons with diabetes and health-care professionals alike, including information sessions, diabetes screening sessions and individualized programs aimed at controlling the disease. For information call **819-770-0442** or visit the website at www.diabete.qc.ca.

Services for Child Victims of Sexual Abuse

Centre d'Intervention en Abus Sexuels pour la Famille/Family Sexual Abuse Action Centre is a non-profit organization offering specialized services to families and individuals facing sexual abuse of children. One of its objectives is to develop and provide customized services to reduce the impact of child sexual abuse. Its services focus on prevention, treatment and intervention by way of workshops, support groups and individual counselling. CIASF can be contacted at **819-595-1905**, toll-free at **1-888-368-7243** or by visiting www.ciasf.org.

Cyber-proofing

"Cyberbullying involves the use of information and communication technologies to support deliberate, repeated, and hostile behaviour by an individual or group that is intended to harm others," reports Bill Belsey, President of Bullying.org Canada. Cyberbullying involving children and youth is becoming a major issue at Canada's schools as email, the internet and cell phones become more widely used. Resources aimed at educating youth and parents about online safety are available in written guides and through websites including www.cyberproof.blogspot.com.

Stroke Awareness

Stroke is a medical emergency. Recognizing the warning signs and responding immediately by calling 9-1-1 or your local emergency number can significantly improve survival and recovery. By partnering with health care professionals, dietitians and educators, the Heart and Stroke Foundation raises awareness of stroke, its symptoms and risk factors and provides education for healthy living. Go to www.heartandstroke.qc.ca for more information. You can receive recipes and heart-healthy tips by subscribing to the foundation's free monthly e-newsletter.

Your feedback is important to us

We encourage and appreciate your comments and questions so that we can better serve you. Contact our Coordinator at **(819) 923-8429** or e-mail at info@ohssn.org.