



Community Services is located in the Jeffery Hale Pavilion



Jeffery Hale

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:

- Information and referral; including a special workshop for newcomers
- 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-JEFF (5333), ext. 1580

Community Services, in the Jeffery Hale Pavilion, is open Monday to Friday, 8:30 AM - 4:30 PM

www.jefferyhale.org



One number

If you live in the Greater Quebec City region and would like health and social services in English, please call the Jeffery Hale at:

» **418 684-JEFF (5333)**

1 888 984-5333 toll-free

- Emergency Room
- Diagnostic Services
- Senior Care
- Community Services (CLSC-type service in English)



Jeffery Hale

418 684-JEFF (5333)
1250, ch. Sainte-Foy
Québec QC G1S 2M6

www.jefferyhale.org

Mental health services



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

www.jefferyhale.org





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 in relating to others

Are you facing a problem or crisis?

- Adapting to life in Quebec City
- Anxiety
- Drinking, drug or other addictions
- Mental 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.

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

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

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

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-JEFF (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.