

FOOD SECURITY

CAMELOT-SENIORS-C19 : Assistance food service (delivery service available for seniors).

➡ **Le COCLA (community outreach worker) : 514 543-0416**

FOOD SHOPPERS : Volunteer service for your grocery shopping.

➡ **Centre ABC : 514 744-5511 ext. 226**

MEALS ON WHEELS : Delivery of hot and frozen meals at Home for seniors.

➡ **Centre ABC : 514 744-5511 ext. 226**

LA MARYSE : Home delivery of frozen meals by Festigout traiteur. (6-9\$/per meal), open to all - payable by cheque to Corbeille Bordeaux-Cartierville

➡ **La Corbeille : 514 856 -5371**
Website : lamaryse.ca

PSYCHOSOCIAL SUPPORT

ACCUEIL PSYCHOSOCIAL CLSC : To speak to a social worker at your CLSC

➡ **514 940-3300**

FRIENDLY PHONE CALLS : Calls to break the isolation of seniors and make them feel secure.

➡ **Centre ABC : 514 744-5511 ext. 226**

CAREGIVERS : Information and psychosocial support for caregivers

➡ **Hay Doun (French, English, Armenian, Arab, Turkish, Greek) : 514 962-3686**

MISTREATMENT : The Elder Mistreatment Helpline offers a free, confidential and bilingual service

➡ **Ligne aide abus aînés : 1888 489-2287**

INFORMATION AND REFFERAL CENTRE OF GREATER MONTREAL : Assistance with community and social services offered in Montreal.

➡ **211 (Multilingual support)**
Website : www.211qc.ca/en

SANTÉ

CIUSSS NORD DE L'ILE DE MONTRÉAL and your CLSC

➔ **INFO-NORD 514 336-NORD (6673)**
Website : www.ciussnordmtl.ca

INFORMATION ON COVID-19

If you are **CONCERNED** about **COVID-19** or if you experience symptoms such as a cough or fever, difficulty breathing, or sudden loss of smell and taste without nasal congestion, contact the numbers below toll-free or visit a [walk-in screening clinic](#) in your neighbourhood.

Testing for COVID19 is free for everyone. If you have a health insurance card, bring it with you. If you do not have a health insurance card or identification, you can still get tested.

➔ **Montréal area : 514 644-4545**
➔ **For the Hearing impaired (TTY) : 1 800 361-9596**

Remember that the best protection against the COVID-19 is to maintain hand hygiene, respiratory etiquette and social distancing at all times

Let's continue to protect ourselves!

- Cough into your sleeve
- Wash your hands
- Keep your distance (2m)
- Cover your face
- Limit your travel

Québec.ca/coronavirus
1-877-644-4545

Votre gouvernement Québec