


# I do not have a family doctor... **WHAT SHOULD I DO?**



## ↓ I want to have a family doctor

### Register with the Québec Family Doctor Finder (GAMF):

 Online at [quebec.ca/en/health](https://quebec.ca/en/health),

 By calling 418-821-7873 or 1-844-666-2727 (toll free).

## ↓ I have an urgent health problem

I need immediate assistance

**Dial 911 or go to the emergency room.**

## ↓ I have a one-off, NON-URGENT health problem

I wish to consult a healthcare professional

### Use the **Primary Care Access Point (GAP)**:

- Fill in the [online questionnaire](#).
- Call 811, **option 3**, if you need help completing the questionnaire.

### **Call 811 (Info-Santé and Info-Social)**

#### The 811 Info-Santé (option 1)

To speak to a nurse:

- I need healthcare **advice**.
- I need an **appointment** for my child who have **signs of respiratory infections or gastroenteritis**.

#### The 811 Info-Social (option 2)

To speak to a healthcare professional:

- I am **going through a difficult situation**.
- I am **worried about my mental health**, or the mental health of a loved one.

To find out about other consultation options, go to [ciussscn.ca/optionsdeconsultation](https://ciussscn.ca/optionsdeconsultation) (in French only).

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