

OUR FACILITIES

1 800 418-5704

Baie-Comeau
659, boulevard Blanche
418-589-5704

625, rue des Épilobes
418-589-2003

Blanc-Sablon
1070, boulevard Docteur-Camille-Marcoux
418-461-2144

Fermont
1, rue Aquilon
418-287-5461

Forestville
8, 10^e rue
418-587-2204

Havre-Saint-Pierre
1035, promenade des Anciens
418-538-2955

Les Escoumins
4, rue des Pilotes
418-233-3143

Port-Cartier
3, rue Shelter Bay
418-766-2572

Sept-Îles
531, rue Gamache
418-962-9761

ADDICTION REHABILITATION PROGRAM

We provide services :

- To youths
- To adults
- To family members
- With accommodations
- For social reintegration

The addiction rehabilitation program offers services to youths and adults who are living with a problem of abuse or an addiction to alcohol, drugs or gambling. Also, it offers support and accompaniment services to your family members.

The services are free, confidential and personalized.

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA CÔTE-NORD

The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord serves a population of about 95 000 inhabitants on a territory extending from Tadoussac to Blanc-Sablon (nearly 1,300 km of coastline), passing by the Anticosti Island and the northern towns of Fermont and Schefferville.

The CISSS de la Côte-Nord is responsible for planning, coordinating, organizing and providing health and social services to the entire population of the region. It has about 50 facilities and employs 3 600 people.

Centre intégré de santé et services sociaux de la Côte-Nord

Services de réadaptation en dépendance
659, boulevard Blanche
Baie-Comeau (Québec) G5C 2B2

418-589-5704
1-800-418-5704 (Toll Free)



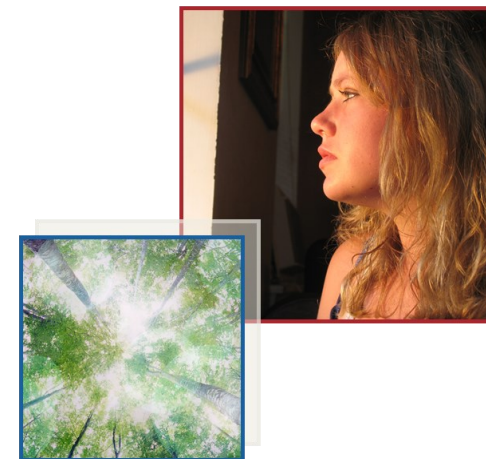
Follow us!

Centre intégré de santé et de services sociaux de la Côte-Nord

www.cisss-cotenord.gouv.qc.ca

**Centre intégré
de santé
et de services sociaux
de la Côte-Nord**

Québec 



EXCESSIVE GAMBLING

SERVICES FOR GAMBLERS
SERVICES FOR THE GAMBLER'S FAMILY MEMBERS

DEPARTMENT OF MENTAL HEALTH,
ADDICTIONS, HOMELESSNESS
PROGRAMS AND GENERAL SOCIAL
SERVICES

Québec 

février-2016

VIDEO, CASINO, LOTTERY, CARDS, BINGO, HORSES...

You are concerned about your gambling habits?

A person close to you is faced with a problem of abuse or addiction?

For the person with an addiction, as well as for his family members, gambling can affect their family life, professional life, psychological health, social life, finances and it can even have legal consequences.

SPECIALIZED SERVICES

OUR SERVICES FOR GAMBLERS

This program concerns men and women who are 18 years of age and older and who wish to control, reduce or stop gambling.

The objective of the program is to allow you to develop your ability to stop gambling. It can be offered externally or during an accommodated stay.

Our team of professionals will help you with:

- Adopting responsible behaviours regarding your gambling habits
- Reducing the adverse consequences of gambling
- Regaining power over decisions and your life
- Discovering your personal strengths
- Regaining self-confidence
- Learning new skills to cope with everyday problems

OUR SERVICES FOR YOU AND YOUR FAMILY MEMBERS (ENTOURAGE)

Within your environment, there is a person (parent, brother, sister, spouse, etc.) with a problem of abuse or an addiction to alcohol, drugs or gambling.

Our team of professionals will help you to:

- Understand the situation
- Increase your well-being
- Identify behaviours to adopt towards the dependant person
- Improve your relationship with the dependant person

You can receive help as a family member even if the person with the gambling addiction does not consult our services .

| | Yes | No |
|--|--------------------------|--------------------------|
| 1. Sometimes I think about my past gambling experiences or look for a way to get money to play again. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. I feel the need to gamble more and more money. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. I try to decrease the frequency in which I play or stop playing, but I always play just as much. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. When I can't play, I'm in a bad mood and everything irritates me. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. I play to avoid thinking about my problems or because I feel bad. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. When I lose money, I play again to try and win back the money that I had lost. | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. I sometimes lie to hide the fact that I am gambling. | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Sometimes my checks bounce due to my gambling habits. | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. I nearly lost or have lost a significant relationship with a person or a job because of my gambling habits. | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. I depend on others to get me out of difficult financial situations caused by my gambling. | <input type="checkbox"/> | <input type="checkbox"/> |

If you have answered Yes to any one of these questions, it may be that your gambling habits are causing you problems.

Feel free to call us to discuss your concerns confidentially.