

## Our facilities

**Baie-Comeau** (outpatient and with accommodation)  
659, boulevard Blanche  
418 589-5704

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

**Fermont**  
1, rue Aquilon  
418 287-5461

**Forestville**  
2, 7<sup>e</sup> Rue  
418 587-2212, ext. 212285

**Havre-Saint-Pierre**  
1035, promenade des Anciens  
418 538-1759

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

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

**Sept-Îles**  
531, avenue Gamache  
418 962-9761, ext. 453002

**1 800 418-5704** (toll free)

## Addiction program of the CISSS de la Côte-Nord

The addiction program of the CISSS de la Côte-Nord provides various services to young people and adults for whom the consumption of alcohol or drugs, gambling, or the use of the Internet is concerning and has consequences in various spheres of their life.

People around them can be affected, so support is also provided to loved ones.

We provide various services:

- Family support
- Treatment of opioid use disorders (OUD) (with substitute medication (OAT))
- Early intervention
- Specialized assessment
- Intoxication and withdrawal management
- Specialized rehabilitation services (outpatient and with accommodation)
- Social reintegration

**Services are free of charge, 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 90,000 inhabitants on a territory that goes from Tadoussac to Blanc-Sablon (nearly 1,300 km of coastline), and includes Anticosti Island and the northern towns of Fermont and Schefferville.

The CISSS de la Côte-Nord is in charge of planning, coordinating, organizing and offering health and social services to the entire population of the region. It includes about 50 facilities and 4,000 employees.

## Contact us

Centre intégré de santé et services sociaux de la Côte-Nord  
Addiction program  
659, boulevard Blanche  
Baie-Comeau (Québec) G5C 2B2



**418 589-5704**

**1 800 418-5704** (toll free)

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

**Québec** 



## Addiction program

Gambling problems - Services to gamblers

Direction des programmes santé mentale, dépendance et itinérance

**Québec** 

**VIDEO, CASINO, LOTTERY, CARDS, BINGO, HORSES, ONLINE GAMBLING, VIDEO LOTTERY TERMINALS AND SLOT MACHINES**

Do you or a loved one have at-risk behaviours in terms of gambling?

This can affect your family, professional, psychological, social and financial life, and it can even have legal consequences.



[www.ciss-cotenord.gouv.qc.ca](http://www.ciss-cotenord.gouv.qc.ca)

**Our services to gamblers**

This program is intended for people aged 18 years and over who wish to control, reduce or stop gambling.

The objective of the program is to prevent, reduce and treat consequences associated with gambling. It can be provided in outpatient settings or with accommodation.

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

**Self-reflection questionnaire**

	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 to stop playing, but I still play just as much.	<input type="checkbox"/>	<input type="checkbox"/>
4. When I cannot play, I am 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 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 cheques 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 rely on others to get me out of difficult financial situations caused by my gambling.	<input type="checkbox"/>	<input type="checkbox"/>

If you answered yes to any one of these questions, your gambling habits may be causing you problems. Feel free to call us to discuss your concerns confidentially.

**Our services to loved ones**

Services are intended for any person (parent, sibling, spouse, etc.) for whom the consumption of alcohol or drugs, gambling, or the use of the Internet is concerning and has consequences in various spheres of their life.

Our team of professionals will help you:

- Understand the situation
- Improve your well-being
- Identify behaviours to adopt with the addicted person
- Improve your relationship with them

You can receive the help available for loved ones even if the person for whom the consumption of alcohol or drugs, gambling, or the use of the Internet is problematic does not consult our services.

