

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^e 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)

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 



Problematic use of the Internet

Direction des programmes santé mentale, dépendance et itinérance

Québec 

In a world where technology is omnipresent, finding balance between your virtual and actual life is not always easy. Our services aim to prevent, reduce and deal with negative impacts of an excessive use of the Internet and screens, while supporting the person and their loved ones towards a more balanced, aware, satisfactory lifestyle.

Objectives of the program

- Promote the recognition of digital habits and their impacts.
- Support people in the management of their screen time and behaviours.
- Prevent consequences on mental health and social, school, family and professional life.
- Provide concrete tools to regain control over the use of technologies.
- Promote a healthy, balanced relationship with technology.



For whom?

Our services are intended for any young person or adult going through distress or imbalance related to:

- Excessive use of videogames, social media or streaming
- Invasive virtual relationships
- School or professional difficulties related to screen time
- Sleep, attention or mood disorder related to constant connectivity
- Family conflicts related to this problem or loss of interest in offline activities
- Addiction to electronic devices (cellphone, computer, tablet, etc.)

Self-reflection questionnaire

- YES**
- Do you sometimes spend more time than expected on the Internet?
- Do you sometimes neglect household tasks to spend more time online?
- Do loved ones complain about the time you spend on the Internet?

- YES**
- Is your work neglected due to the time you spend online?
- Do you sometimes impatiently wait for the time when you will get back online?
- Do you believe that a life without the Internet would be boring, empty and joyless?
- Do you get upset or annoyed if someone disturbs you when you are online?
- Do you end up saying "a few more minutes" when you are online?
- Are you trying to reduce the time you spend on the Internet, but without success?
- Do you try to hide how much time you have spent online?
- Do you choose to spend time on the Internet instead of going out with other people?
- Do you feel depressed, irritable or nervous when you are offline, and does it go away once you are back online?

If you recognize yourself in one of these situations, do not hesitate to contact us.

We can support you and listen to you in complete confidence.

Questionnaire inspired from Khazaal, Y., Billieux, J., Thorens, G., Khan, R., Louati, Y., Scarlatti, E., Theintz, F., Lederrey, J., Van der Linden, M., & Zullino, D. (2008). French validation of the Internet Addiction Test. *CyberPsychology & Behavior*, 11(6), 703-706.