AVAILABLE IN MULTIPLE LANGUAGES

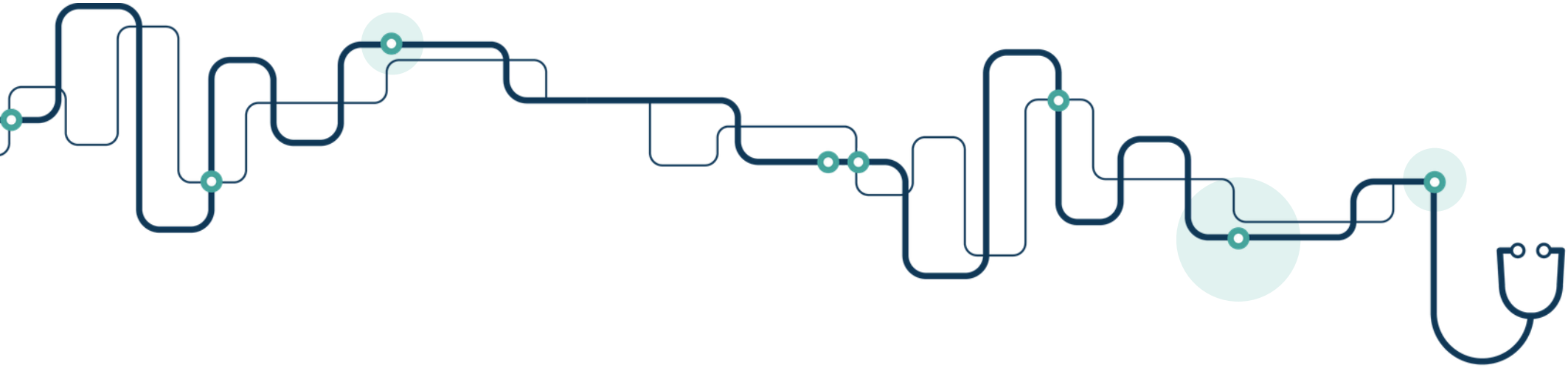
FRENCH / FRANÇAIS

SPANISH / ESPAÑOL

ARABIC / عربي

YOUR HEALTH IN QUÉBEC

FIRST HEALTH SERVICES FOR **REFUGEE CLAIMANTS**



Have you recently arrived in Québec?
Teams are available to help you assess your health and find the right services.

CERDA
www.cerda.info

PRAIDA
PROGRAMME RÉGIONAL D'ACCUEIL ET D'INTÉGRATION DES DEMANDEURS D'ASILE

Santé Québec

WHY AND HOW TO MAKE AN APPOINTMENT

© CERDA & PRAIDA, Santé Québec Centre-Ouest-de-l'Île-de-Montréal — Universitaire.

WHY MAKE AN APPOINTMENT?

It is strongly recommended that you have a health checkup within **six (6) months** of arriving in Canada, even if you recently had your immigration medical exam (IME).

Even if you are feeling well, this appointment can help you:

- assess your health
- quickly identify certain health needs
- direct you to the right services
- help you access care in Québec more easily

This checkup can help you receive the right services at the right time.

WHO CAN MAKE AN APPOINTMENT?

This service is for refugees and refugee claimants who have recently arrived in Québec.

WHO WILL YOU BE SEEN BY?

Depending on your needs, you may be seen by:

- a nurse
- a social worker
- a doctor

HOW TO ACCESS THE SERVICE

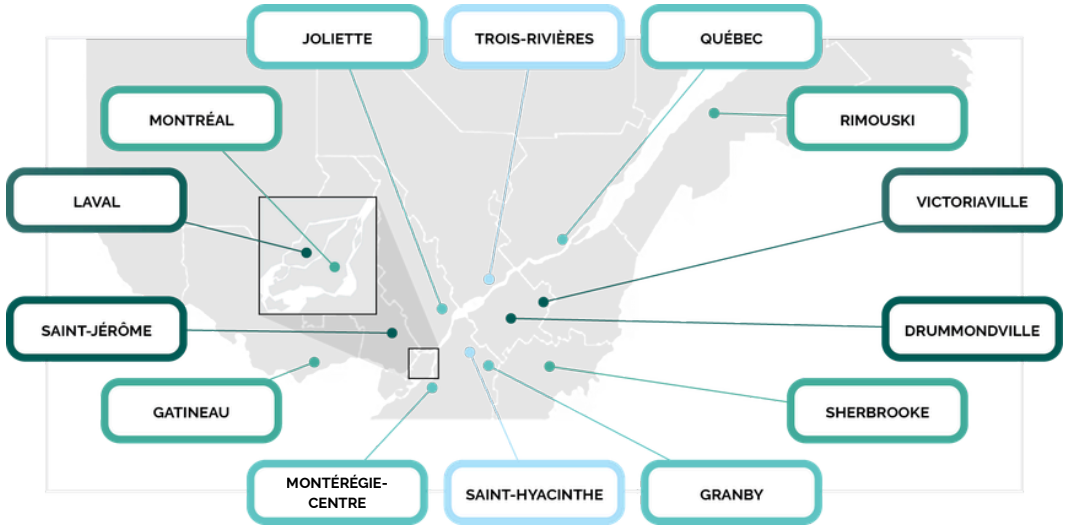
Find the team nearest you by locating your city or region.

DETAILED INFORMATION ONLINE
Scan the QR code to access the map of service points.

NOTE

- This service is there to help and guide you.
- You can make an appointment even if you are feeling well.
- You can ask any questions you have about your health.
- The information you share with health professionals is **confidential**.

CONTACT YOUR LOCAL INSTITUTION



TO MAKE AN APPOINTMENT
Call and follow the instructions to find out where to go.

MONTÉRÉGIE-CENTRE
450-463-0266, extension 6

DRUMMONDVILLE
819 474-2572, extension 33427

GATINEAU
819 966-6510, extension 332262

GRANBY
450 375-1442, extension 66398

JOLIETTE
450 755-2111, extension 422643

LAVAL
450 687-5690, extension 64901

MONTRÉAL
514 484-7878, extension 64500

QUÉBEC CITY
418 684-2233

RIMOUSKI
418 724-7204

SHERBROOKE
819 780-2220, extension 44212

SAINT-HYACINTHE
450 778-2572, extension 796233

SAINT-JÉRÔME
811, option 3

TROIS-RIVIÈRES
819 370-2100

VICTORIAVILLE
819 357-2030, extension 2416

Information up to date as of June 2026

Informations à jour en date juin 2026

© CERDA & PRAIDA, Santé Québec Centre-Ouest-de-l'Île-de-Montréal — Universitaire.