



# *Outaouais Health and Social Services Network* FOR THE ENGLISH-SPEAKING POPULATION **Newsletter**

**SPRING 2008**

**OHSSN** serves the English-speaking population of the Outaouais. The network is committed to working with communities, public health agencies, and community organizations to facilitate access to health and social services in English.

Do you need assistance in finding information or services in English? Give us a call. Our health and social services coordinator is here to help.

Contact **Danielle Lanyi** at (819) 923-8429 or e-mail [info@ohssn.org](mailto:info@ohssn.org)

## **Visit the OHSSN's NEW Website!**

At a press conference in December 2007, the OHSSN launched its new and revamped website. The website now provides Outaouais residents with easy access to English-language listings and contact information of all the regional health and social services available to them. Go to [www.ohssn.org](http://www.ohssn.org). To find services in your area, click on the regional map.

## **Beating the stigma of mental illness**

The Quebec Ministry of Health and Social Services has undertaken a campaign to help stamp out the misconceptions and discrimination surrounding mental illness and those who suffer from it. Their website provides a wealth of information, in French and English, on understanding and preventing mental illness as well as resources for persons suffering from a mental illness and their loved ones.

[www.masantementale.gouv.qc.ca/index.html?lang=en](http://www.masantementale.gouv.qc.ca/index.html?lang=en)

## **Support services for crime victims and their families**

The Crime Victims Assistance Centre (CAVAC) is a community organization that offers services to crime victims and their relatives or dependants. This organization provides moral support, basic information on the legal process and can direct you to the appropriate legal, medical, social and community resources. CAVAC's services are confidential and free of charge. You can leave a message at (819) 778-3555 and a counselor will get back to you within 48 hours.

## **English resources on Separation and Divorce**

Every year, thousands of parents and children experience the break-up of their families. Educaloï and the Consensus Mediation Centre have produced two workbooks in English that deal with a multitude of issues such as navigating the legal process, the rights and responsibilities of parents, custody, child support and co-parenting. If you would like to obtain a copy please contact Danielle Lanyi at (819) 923-8429.

## **Create your own Food Guide**

This quick and easy interactive tool allows you to customize information found in Canada's Food Guide. By entering your age and sex and choosing various items from the Food Guide, you can create a personalized tool that suits your tastes and budget. It is also available in French and several other languages. Try it at [www.hc-sc.gc.ca/fn-an/food-guide-aliment/myguide-monguide/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/myguide-monguide/index_e.html) Click on Start building my food guide. You can also obtain a copy of the Food Guide by calling 1-800-622-6232.

## **Info-santé**

Remember to contact Info-santé by calling your local CLSC if you have any health and social services concerns. Nurses are on stand by 7 days a week, day or night, to advise or guide you to the appropriate services.

## **Your feedback is important to us**

We encourage and appreciate your comments and questions so that we can better serve you. Contact our Coordinator at (819) 923-8429 or e-mail at [info@ohssn.org](mailto:info@ohssn.org).