



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

N e w s l e t t e r

SPRING 2009

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 Network Manager is here to help. Contact **Danielle Lanyi** at (819) 923-8429 or e-mail info@ohssn.org. You can also visit our website at www.ohssn.org.

New ! Montreal Children's Hospital Trauma Website

According to Health Canada, each year 500,000 children in Canada (10% of the population aged 18 years and under) injure themselves severely enough to stop their current activity or to consult medical services. More kids and teens are hospitalized or die from preventable injury than from any other cause. This user-friendly website provides information on injury prevention and treatment. www.thechildren.com/trauma

How to report adverse reactions to health products

The Government of Canada has launched a new campaign encouraging Canadian consumers to use MedEffect™ Canada to report suspected side effects from health products and access the latest safety information. MedEffect™ Canada allows health professionals and consumers to easily complete and file reports on adverse reactions via web, phone, fax or mail. Reporting side effects contributes significantly to the safe use of health products. Currently, less than 10 per cent of suspected side effects are reported. The website also provides the most recent and reliable health product safety information. Call 1 866 234-2345 or visit www.hc-sc.gc.ca/dhp-mps/medeff/index-eng.php.

Time to spring back into shape ?

Whether your activity of choice is walking, running, tennis or golf, it's important to make sure that you have the proper footwear to prevent injury. Choosing the proper footwear can be confusing with so many different choices and price ranges. This website will help you select the right type of shoe for your favorite activity. www.heartandstroke.com/site/apps/nlnet/content2.aspx?c=ikIQLcMWJtE&b=4832209&ct=6764975&src=healthline

Have your say in the Mental Health Commission of Canada's e-Consultation

Canada is the only G-8 country without a mental health strategy. The Mental Health Commission of Canada is responsible to work with Canadians to address this gap. Individuals and representatives from organizations are encouraged to participate in this e-consultation until April 19th, 2009. To access the consultation, go to www.mentalhealthcommission.ca/english/pages/default.aspx

Not feeling well? Concerned about a loved one? Dial 8-1-1

Dialling **8-1-1** allows you to speak with a health-care professional for **non-urgent** cases. This professional consultation service is accessible by telephone 24 hours a day, 7 days a week and is a major part of first line health care. It offers answers to common health questions and directs users to the right service in the health and social services network. You can also consult the health guide at www.guidesante.gouv.qc.ca.

Your feedback is important to us

We encourage and appreciate your comments and questions so that we can better serve you. If you have any problems accessing the information in this newsletter, please contact Danielle Lanyi at **(819) 923-8429** or e-mail at info@ohssn.org.