

# Communiqué de presse

## Pour publication immédiate

### **Make a difference for your loved ones' health!**

**Saint-Jérôme, April 6, 2020** – During this pandemic period, where every individual is asked to maintain social distancing and to stay at home as much as possible, the CISSS des Laurentides wants the region's residents to also be vigilant with regards to the most vulnerable among us.

Social distancing consists of remaining 2 metres away from other people, but, at the same time, we must encourage people to maintain social connections to ensure the wellbeing of our families, our friends and our most isolated neighbours. We all have a responsibility to report problems experienced by those around us. Let's all be united and caring during this crisis!

Anyone witnessing financial abuse of the elderly, physical abuse of children or domestic violence against women, or any other problematic situations, should immediately contact the available services so they can come to the aid of those who are at a greater risk of mistreatment during this situation of isolation at home. Here are some of the services that can provide help:

- **Aide Abus Aînés (senior abuse helpline) | 1-888-489-2287**
- **Youth Protection reporting | 1-800-361-8665**
- **SOS domestic violence | 1-800-363-9010**

Likewise, if you or someone close to you is experiencing anxiety, distress, stress, personal or family problems, or if you have an addiction issue (alcohol, drugs, gambling), contact one of these groups as soon as possible:

- **Info-Social | 811**
- **Faubourg suicide prevention centre | 1-866-APPELLE (277-3553)**

Of course, if you or the person for whom you are calling requires **emergency care, call 911**.

The CISSS des Laurentides reminds you that if you are presenting flu-like symptoms, you must quickly contact the **COVID-19 general information line at 1-877-644-4545**.

These actions will help make a difference in the community!

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