

We
can help you
with issues
regarding,
for instance :

- Psychiatric care;
- Forced hospitalization;
- Protective supervision;
- Income security;
- Health and social services;
- Housing issues (TAL);
- Labour disputes or occupational health and safety (CNESST);
- Insurance;
- Disability;
- Retirement.

Contact us !


→ **At our Head Office**
1800, boulevard Laflèche
Baie-Comeau (Québec) G5C 1C9
Tél. : 418 298-2834 p.2

→ **At our point of service**
94, avenue Mgr-Blanche, Local E-010
Sept-Îles (Québec) G4R 3G5
Tél. : 418 968-2778 p.2

via E-mail : info@drsmcn.org

Call Toll Free : 1 866 803-2833

→ Visit our Web site : drsmcn.org

 **@Droits et recours
en santé mentale
de la Côte-Nord**



Droits et Recours
en Santé Mentale
de la CÔTE-NORD

Our
assistance...
make all the
différence !



Mission

We cater to people who have faced or are facing a mental health issue (whether diagnosed or not). We aim to support and empower them, so they can assert and exercise their rights. We strive to help them gain or regain control over their life, and to ensure they take an active part in decisions that affect them.

ALL THE SERVICES WE PROVIDE ARE FREE AND STRICTLY CONFIDENTIAL!

Commitments

We pledge to :

- Welcome you promptly and courteously;
- Treat you with respect;
- Be attentive to your needs;
- Use clear, accessible, and concise language;
- Handle request for assistance diligently;
- Protect your privacy;
- Tailor our assistance to your own pace and needs;
- Use your comments and suggestions to improve the way we work.

What we do for you

Listen

We meet with you and take time to find out what you really need, and to ascertain how we can best assist you.

Explain

We inform you of your rights, of the recourses available, and of alternative courses of action, to allow you to choose the path that best suits you.

Advise

We guide you through the necessary steps, refer you to the appropriate resources and help you call upon them if or when further assistance is required.

Our Support

We can, upon request, accompany you in your dealings with government agencies, private sector actors or community services.

Membership in Droits et Recours en Santé Mentale de la Côte-Nord allows you to :

- Lend a hand in making our work possible;
- Support our efforts to raise awareness and reinforce respect of human rights, and to improve the quantity, quality, and accessibility of services in the field of mental health;
- Join a network of invested people who care about human rights.

Help us build a society where everyone :

- Has rights that are duly recognized and protected;
- Is treated with respect and dignity;
- Has access to appropriate services;
- Is well-informed ;
- Can find the help and support they need.

We can also :

- Facilitate your participation in local activities of interest to our members;
- Provide access to relevant documentation in the field of mental health.

To join, check out the
« **Become a member** » tab at
drsmcn.org

Membership is free, renewable, and open to everyone!

Our services are FREE and CONFIDENTIAL