

# CSSS de Laval Users' Committee Informs You



CSSS de Laval  
Users' Committee



## Mental Health Services For Adults

### What is mental health?

Mental health corresponds to the capacity of an individual to interact with his peers and his environment in order to obtain a subjective feeling of wellbeing, a development and optimal use of its cognitive, emotional and relational skills.

### What are mental disorders?

Mental disorders correspond to a vast category of disorders including anxiety, depression, schizophrenia, personality disorders and eating disorders. It is characterized by de-

teriorations of the thought, mood, behavior or a combination of the three, associated with an important distress and a dysfunction.

Mental disorders are treated, the same way physical disorders are, and several treatments are available to help the mental disorder suffering people along with their family and friends.

### Some figures

15 to 20% of the adults will experience a mental health issue in their lifetime.

11% will present anxious, emotional or drug or alcohol use related disorders every year.

### Nearly 50% of the people suffering from current mental disorders do not consult.

The CSSS de Laval offers many services in order to help Laval's population, in particular:

- Consultation;
- Accommodation and social integration support;
- General psychiatry;
- Suicide prevention;

- Psychological distress support;
- Homeless people help;
- Psychogeriatrics;
- Housing.

### Psychological support and social

Our teams can help you with mental health issues, abuse, poverty and exclusion, emotive or psychological distress, by appointment.

You can also contact your family physician to talk about your needs. He will be able to refer you to the right place.

### Information :

CLSC du Marigot  
450 668-1803

CLSC des Mille-Îles  
450 661-2572

CLSC du Ruisseau-Papineau  
450 682-2952

CLSC de Sainte-Rose  
450 622-5110

CSSS de Laval users' committee representative for mental health program:

**Mrs Joanne Niding**

For any concern or inquiry, don't hesitate to contact us.

280, Roi-du-Nord blvd, room 1420  
Laval (Québec) H7L 4L2



**450 622-4478, poste 4945**



[cusagers.csssl@ssss.gouv.qc.ca](mailto:cusagers.csssl@ssss.gouv.qc.ca)

Centre de santé et de services sociaux  
de Laval

