

# MEN'S HEALTH AND WELL-BEING

**In Québec, men's health needs special attention for a variety of reasons:**

- Men are overrepresented in many leading causes of death in Québec (accidents, suicides, tumours, diseases of the circulatory system, etc.).
- Proportionately fewer men than women receive general psychosocial services.
- Source : [Guide de pratiques de gestion pour adapter les services de première ligne à la clientèle masculine](#) (MSSS) - Only in french

## Help and resources

- [Regroupement d'organismes pour Hommes de l'Île de Montréal \(ROHIM\)'s directory](#) (in French)
- [Info-Santé and Info-social : 811](#) (accessible 24/7)
- [The Referral Centre of Greater Montreal : 211](#)
- [Find a resource in health and social services](#)
- [Find your CIUSSS your postal code](#)