

Public Health Newsletter

– May 2025

Summer is just around the corner!

The cold weather is behind us and the summer season is gradually settling in, with its share of opportunities and challenges.

In this issue, we have assembled a selection of tools and resources to share with community professionals and the general public pertaining to the following themes: drowning prevention, sports and physical activities, men's health, elder abuse prevention, heat-waves, housing, and much more.

As always, our public health team is available to answer your questions or concerns. Please contact by email: guichetsantepublique.ccomtl@ssss.gouv.qc.ca.

Enjoy your reading!
The health public team

Public health tools and resources

➤ Toolkit for community organizations working with people experiencing homelessness

In addition to being a social issue, homelessness is a public health issue requiring intersectoral collaboration. To support the actions of organizations working with people experiencing homelessness, the Public Health and Partnership team is offering a toolkit on the prevention and control of infectious diseases, nuisance management and harm reduction services available to better support this population.

Click [here](#) to access the toolkit.



➤ Sport and physical activity

May 2 marked the National Day of Sport and Physical Activity, a great opportunity to remind ourselves of the importance of moving every day, for our physical and mental well-being. Whether we're walking, cycling, dancing, playing or playing a sport, every movement counts! Here are a few tools and resources to encourage physical activity in our communities.

- [Leaflet on 24-hour movement](#) (only available in French), based on data from the Quebec survey on the health of secondary-school students
- [Ideas for getting moving](#) (only available in French) for different groups of people (seniors, teens, families, adults)
- “[Active break](#)” vignettes (only available in French): getting moving at work
- A [podcast](#) for parents of teens
- [eX3 Outdoor Experiences program](#) (only available in French): for outdoor activity opportunities in schools (primary and secondary).

Whatever your age, level or preferred activity, the important thing is to get moving every day.



➤ Mental health

Mental Health Week, held from May 5 to 11, was an opportunity to raise awareness of the importance of psychological well-being and share concrete tools for action. You can still consult the resources available on [the Canadian Mental Health Association \(CMHA\) - Montreal branch website](#).

What's more, the Direction régionale de santé publique de Montréal (DRSP) has put a new tool online to raise public awareness of depression. To access the tool, please visit this [web page](#) (English version coming soon).



We also suggest you read an interesting article published as part of Mental Health Week: [Why do people living with a mental health problem wear masks?](#) (only available in French). You can also read this article in English [Mental health promotion through the prism of intersectionality: better understanding for more effective action](#).

For those interested in the relationship between photographic art and young people's mental health, here's an interesting event scheduled for May 29 - [Entre ombre et lumière: les jeunes et l'art du rétablissement](#).

➤ Men's health

The month of June, dedicated to men's health in Quebec, is an opportunity to highlight issues related to their physical and mental health.

Data shows that many men wait until a situation becomes critical before seeking help, and that around a third consider that asking for help harms their pride ([Tremblay, 2016](#)). We take this moment to encourage men to take care of their physical and mental health by adopting healthy lifestyle habits and maintaining positive social connections.

Here are [5 things men can do for good health](#) (a WHO recommendation, 2018).

For **more tools on men's well-being**, please see the following tools:

- [Men's Toolbox](#)
- [Health and social services resources](#)
- [Suicide prevention tools for men](#) (only available in French)



➤ Elder abuse prevention

By: Louise Buzit

Provincial coordinator for the fight against elder abuse in English-speaking communities and seniors

To mark the International Day Against Elder Abuse on June 15, here are a few tools created over the past few months. These are comic strips designed to reach out to seniors who are more isolated or who don't get out to participate in activities offered by community organizations.

- 3 comic strips on caring for the elderly: the stories of Saïd, Minh and Georgia, accessible via this [link](#).
- 2 comic strips on abuse, the stories of Fabio and Manuel. Use this [link](#) to access them.

These comics have been translated into English, Italian, Spanish, Portuguese, Greek and Creole. Versions in Arabic, Armenian, Chinese, Russian and Punjabi will be available soon.



Pre-summer resources

➤ Heat-waves

In anticipation of possible periods of heat-waves this summer, here are a few [resources](#) for the public on symptoms to watch out for and good heat-related gestures to adopt, as well as for caregivers to better support people vulnerable to heat. You'll also find multilingual tools on this page.

You will also find **multilingual tools** on this page in the [tools](#) section.

The heat team at the *Direction régionale de santé publique (DRSP)* has also produced, as part of the *trousse fraîcheur project*, the tool in the right-hand column which summarizes all the measures to be taken in the event of heat-waves.

Il fait trop chaud

1. Je vérifie la température de mon logement avec un thermomètre.

2. Combien fait-il chez moi:

- J'appelle quelqu'un qui peut m'aider.
- Je sors de chez moi pour aller dans un endroit plus frais.
- Je reste en contact avec quelqu'un.
- Je me rafraîchis.
- Je continue de vérifier la température.

3. Principaux signes à surveiller

4. Que faire pour se rafraîchir?

J'ai besoin d'aide

Je peux appeler un proche:

Nom : _____

Numéro de téléphone : _____

S'il fait trop chaud

Je peux me rendre dans un endroit climatisé

Adresse : _____

Pour parler à un professionnel de la santé: **811**

Pour connaître les endroits climatisés près de chez-moi: **311**

En cas d'urgence: 911

Québec

➤ Moving - July 1st

It's moving season in Montreal. We'd like to share with you a web page prepared by the city of Montreal to better support users in need.

[Housing: help and advice](#)

This page contains a link to the OMHM, our main partner for tenant assistance.

At the bottom of the page, you'll find specific information on emergency assistance:

- **311 for borough tenants**
- **211 for linked cities and other community services**

➤ Drowning prevention

Every summer, drowning causes preventable tragedy, particularly among children. In the run-up to National Drowning Prevention Week in July, we'd like to share with you some of the tools you can use to improve water safety.

- Preventing drowning [in children](#)
- Drowning prevention [campaigns](#) (only available in French)
- [Map of drownings](#) in Quebec to find out more about statistics and documentation to raise awareness
- [Free drowning prevention awareness activities](#)
- [Safe supervision of groups of children](#) in aquatic environments
- Learn more about [water safety](#)

• Contact us

If you have any questions or concerns, don't hesitate to contact us at guichetsantepublique.ccomtl@ssss.gouv.qc.ca.

