

Where to go for healthcare



www.nshealth.ca

People with potentially life-threatening conditions should immediately call 911 or go to their nearest emergency department. The 24-hour mental health crisis line is also available at 1- 888-429-8167. You can also visit mhahelpns.ca for non-urgent information on support and available services.

If you have a health concern, your first call should be to your primary care provider (family doctor or nurse practitioner). If your provider is not available, or you do not have one, there are other services ready to help you. There are also programs to help keep you healthy. The primary care options across the province are listed below and the services in your area are on the back page.

811 and Need a Family Practice Registry

Call 811 to speak with a registered nurse for healthcare advice, 24 hours a day, seven days a week. Also, there is information on more than 500 health topics at 811.NovaScotia.ca.

The Need a Family Practice Registry connects Nova Scotians who do not have a primary care provider with a family practice. Add your name to the registry at needafamilypractice.nshealth.ca or call 811.

YourHealthNS

A new app to help you to navigate health information, book services and discover care options, easier and faster than ever before, right from your phone or computer. Visit yourhealthns.ca or download from the Google or Apple store.

VirtualCareNS

VirtualCareNS provides all Nova Scotians with access to a primary care provider (doctor or nurse practitioner) online through their computer or mobile device. There is different access available for individuals with a primary care provider and individuals who do not have a primary care provider. For more information, visit virtualcarens.ca.

Mobile Primary Care Clinics

This is a temporary mobile service to provide primary care for people with mild or moderate health concerns. For more information, visit nshealth.ca/mobileprimarycareclinics.

Pharmacy Primary Care Services

Community Pharmacy Primary Care Clinics offer non-emergency care to all Nova Scotians with a valid health card, providing assessments, prescriptions for conditions like strep throat (over age three), pink eye, UTIs, chronic disease management, and prescription renewals. Appointments are required. To learn more and see a list of locations, visit pans.ns.ca/CPGCC. Local pharmacists can also assess and prescribe for birth control, UTIs, shingles, and Lyme disease prevention. To find a pharmacy near you, visit pans.ns.ca/find.

Urgent Treatment Centres

Urgent Treatment Centres provide care for non-life-threatening conditions needing urgent attention. They do not accept ambulances and only see patients by appointment. Visit nshealth.ca/urgenttreatmentcentre.

HealthyNS.ca

HealthyNS provides free online health and wellness classes for residents of Nova Scotia. Visit HealthyNS.ca for more information.

prideHealth

prideHealth works to improve access to safe, coordinated, comprehensive primary health care for people who are part of the 2SLGBTQIA+ community. For more information, visit www.prideHealth.ca.

Diabetes Centres

A team of certified diabetes educators (nurses and dietitians) work with community primary care providers and an extended care team to provide a variety of programs and services for patients of the Diabetes Centre. For more information, visit nshealth.ca/diabetes.

Well Woman Clinics

Offer a variety of health-related services and health education, delivered by a female doctor or nurse. The services and days and hours of operation vary by clinic. For more information, visit nshealth.ca/well-woman-clinics.

ROSE Clinic (Reproductive Options and Services)

If you are pregnant and considering abortion, learn more about your medical and procedural abortion options by calling 1-833-352-0719.

Cancer Screening and Prevention Programs

For more information on Nova Scotia's Breast Screening program, visit breastscreening.nshealth.ca. For more information about Nova Scotia's Colon Cancer Prevention Program, visit nshealth.ca/colon-cancer-prevention-program.

Northern Zone



Primary Care Clinics

For people without a primary care provider

- **Pictou County Primary Care Clinic**
 - **Where:** 688A East River Rd., New Glasgow
 - **When:** Monday to Friday, 8:30 a.m. – 4:30 p.m.
 - **How:** Call 902-752-8643 to book an appointment
- **Cumberland County Primary Care Clinic**
 - **Where:** 10 Princess St., Springhill
 - **When:** Monday to Friday
 - **How:** Call 1-855-597-2420 between 9 a.m. - 12 p.m., Monday to Friday to book an appointment
- **Colchester County Primary Care Clinic**
 - **Where:** Suite 205, 316 Willow St., Truro
 - **When:** Monday to Friday
 - **How:** Call 902-843-2577 between 9 a.m. – 4 p.m. Monday to Friday to book an appointment

Diabetes Centres

Where:

- One Door Chronic Disease Management Centre, Suite 205, 810 East River Rd., New Glasgow
- North Cumberland Collaborative Practice, 272 Gulf Shore Rd., Pugwash
- All Saints Springhill Hospital, 10 Princess St., Springhill
- Cumberland South Collaborative Practice, 76 Jenks Ave., Parrsboro

When: Monday to Friday 8 a.m. – 4 p.m.

How: Call 902-667-2850

Virtual Urgent Care

Virtual option on-site for people with urgent, non-life-threatening health issues.

Where:

- All Saints Springhill Hospital, 10 Princess St., Springhill
- North Cumberland Health Care Centre, 260 Gulf Shore Rd., Pugwash

When: Daily 8 a.m. - 7 p.m.

How: Walk-in only.

For more information, visit nshealth.ca/virtualurgentcare

Northern Zone Mobile Health and Wellness Team

Provides health and wellness-based services in rural community areas and from their office in Truro if needed.

When and Where: View their mobile schedule at nshealth.ca/nznhwt or call to book an appointment at their Truro office.

How: Call 782-370-0424 to book an appointment or drop in at a mobile location

Urgent Treatment Centres

For urgent, but not emergency care

- **South Cumberland Community Care Centre**
 - **Where:** 50 Jenks Ave., Parrsboro
 - **When:** Monday, Tuesday, Thursday, Friday, Saturday 9 a.m. – 5 p.m. (Subject to change)
 - **How:** Appointments are required. Call 902-254-2540, Option 1
- **Lillian Fraser Memorial Hospital**
 - **Where:** 110 Blair Ave., Tatamagouche
 - **When:** Tuesday, Wednesday, Thursday, Saturday and Sunday, 8 a.m.–4:30 p.m. Closed Monday and Friday. (Subject to change)
 - **How:** Appointments are required. Call 902-657-2385 or visit in person.

Chronic Disease Management Clinic

For treatment of diabetes, cardiac rehabilitation and nutrition counselling. Some services by referral only.

Where: Colchester East Hants Health Centre, 600 Abenaki Rd., Truro

When: Monday to Friday 8 a.m. – 4 p.m.

How: Call 902-893-5528 to book an appointment

One Door Chronic Disease Management Centre

For management of chronic diseases. By self-referral with confirmed diagnosis or health care provider referral

Where: Suite 205, 810 East River Rd., New Glasgow

When: Monday to Friday 8 a.m. – 4 p.m.

How: Call 902-755-7242

Truro Sexual Health Centre

Pap tests, STI tests and birth control.

Where: 130 - 68 Robie St., Truro

When: Wednesday 5 – 8 p.m.

How: Call 902-956-1550 to book an appointment

Truro Walk-In Clinic

Where: 68 Robie St., Truro

When: Monday to Friday, 5:30 – 8:30 p.m.

Saturday and Sunday 11:30 a.m. – 2:30 p.m.

How: Call 902-893-3635 to book an appointment