

# Where to go for healthcare



[www.nshealth.ca](http://www.nshealth.ca)

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.

## Emergency Care

People with potentially life-threatening conditions should immediately call 911 or go to their nearest emergency department.

## Mental Health Concerns

Call the 24-hour mental health crisis line at 1-888-429-8167. You can also visit [mhahelpns.ca](http://mhahelpns.ca) for information on support and available services.

## 811

Call 811 to speak with a registered nurse for healthcare advice, 24 hours a day, 7 days a week. Also, there is information on more than 500 health topics at [811.NovaScotia.ca](http://811.NovaScotia.ca).

## Need a Family Practice Registry

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](http://needafamilypractice.nshealth.ca) or call 811.

## VirtualCareNS

VirtualCareNS provides Nova Scotians access to a primary care provider (doctor or nurse practitioner) online through their computer or mobile device. People on the Need a Family Practice Registry can receive free access to this service. For more information, visit [virtualcarens.ca](http://virtualcarens.ca) Nova Scotians who have a primary care provider have access to virtual care through Maple. You are eligible for two free visits per year. For more information, visit [virtualcarens.ca](http://virtualcarens.ca).

## Community Pharmacies

Community pharmacists can:

- Assess and prescribe for some minor ailments, such as skin conditions, tick bites and urinary tract infections
- Renew some prescriptions
- Prescribe and inject some vaccines/medications

To find a pharmacy near you, visit [pans.ns.ca/find](http://pans.ns.ca/find)

## Urgent Treatment Centres

Urgent Treatment Centres offer an alternate level of care for those who do not have a life-threatening medical emergency, but require urgent treatment. This urgent service differs from an emergency department; it will not receive ambulances and it will only see patients by appointment. Visit: [nshealth.ca/urgenttreatmentcentre](http://nshealth.ca/urgenttreatmentcentre).

## HealthyNS.ca

Visit [healthyns.ca](http://healthyns.ca) to find out about the free online wellness sessions offered by Nova Scotia Health, in partnership with IWK Health. There is also a wide range of information on healthy living at this site.

## Stopping Tobacco Use

Stopping or cutting back on tobacco use is one of the best things you can do for your health. To learn more, please call 811 or go to [tobaccofree.novascotia.ca](http://tobaccofree.novascotia.ca).

## Nova Scotia Breast Screening Program

This service is available for all asymptomatic (no symptoms) women over the age of 40. To book a mammogram screening appointment, call toll-free 1-800-565-0548. For more information on the process and the mobile screening schedule, visit [breastscreening.nshealth.ca](http://breastscreening.nshealth.ca).

## Colon Cancer Prevention Program

The Colon Cancer Prevention Program mails home-screening kits to all Nova Scotians aged 50 to 74 with the goal of preventing cancer, or finding it early when treatment is most effective. For more information, visit [nshealth.ca/colon-cancer-prevention-program](http://nshealth.ca/colon-cancer-prevention-program).

## 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](http://yourhealthns.ca).

THERE ARE NOW MORE WAYS TO ACCESS CARE IN NOVA SCOTIA.

Download the YourHealthNS app today.

App Store

Google Play

# Northern Zone



## Cumberland County

### Primary Care Clinics

For people without a primary care provider only

#### Where:

- Advocate Harbour
- Amherst
- Parrsboro
- Pugwash
- River Hebert
- Springhill

**When:** Hours vary

**How:** Call 1-855-597-2420 (toll free)

Monday to Friday 9 a.m. – 12 p.m.

### Parrsboro Urgent Treatment Centre

For urgent, but not emergency care

**Where:** 50 Jenks Ave., Parrsboro

**When:** Monday, Tuesday, Thursday, Friday, Saturday 9 a.m. – 5 p.m. (subject to change)

**How:** Appointments required. Call 902-254-2540, Option 1

Learn more at [nshealth.ca/urgenttreatmentcentre](https://nshealth.ca/urgenttreatmentcentre)

### Diabetes Centres

#### Where:

- Pharmasave Building, Suite 700, 158 Robert Angus Dr., Amherst
- 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

## Pictou County

### Primary Care Clinic

For people without a primary care provider only

**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

### 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

## Colchester County and Municipality of East Hants

### Primary Care Clinic

For people without a primary care provider only

**Where:** Suite 205, 316 Willow St., Truro

**When:** Monday to Friday

**How:** Call 902-843-2577 between 9 a.m. – 4 p.m. to book an appointment

### Lillian Fraser Memorial Hospital Urgent Treatment Centre

For urgent, but not emergency care

**Where:** 110 Blair Ave., Tatamagouche

**When:** Tuesday, Wednesday, Thursday, Saturday and Sunday 8:00 a.m.-4:30 p.m. Closed Monday and Friday.

**How:** Appointments required. Call 902-657-2385 or visit in person.

Learn more at [nshealth.ca/urgenttreatmentcentre](https://nshealth.ca/urgenttreatmentcentre)

### 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

### 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

## 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/nzmhwt](https://nshealth.ca/nzmhwt) 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